

<b>Facilitator</b>	<b>COM-B category</b>	<b>TDF domain</b>	<b>Relevant Intervention Function</b>	<b>BCT used within the SMS intervention</b>
1. Accurate disease knowledge	Psychological capability	1. Knowledge	Education	5.1 Information about health consequences
2. Prioritising exercise	Psychological capability	14. Behavioural regulation	Education	5.1 Information about health consequences
			Training	4.1 Instruction on how to perform the behaviour 10.9 Self reward
			Enablement	10.9 Self reward
3. Integrating exercise into daily tasks	Psychological capability	14. Behavioural regulation	Education	5.1 Information about health consequences
			Training	4.1 Instruction on how to perform the behaviour 10.9 Self reward
			Enablement	10.9 Self reward
4. Belief that you are taking control of own disability	Psychological capability	4. Beliefs about Capabilities	Education	5.1 Information about health consequences
			Persuasion	5.1 Information about health consequences 6.2 Social Comparison
5. Perceived benefits of exercising	Psychological capability	6. Beliefs about consequences	Education	5.1 Information about health consequences
			Persuasion	5.1 Information about health consequences 6.2 Social Comparison
6. Belief that exercise is good for health	Psychological capability	6. Beliefs about consequences	Education	5.1 Information about health consequences
			Persuasion	5.1 Information about health consequences 6.2 Social Comparison
7. Positive outcome expectations	Psychological capability	6. Beliefs about consequences	Education	5.1 Information about health consequences
			Persuasion	5.1 Information about health consequences 6.2 Social Comparison
8. Long-term goals as well as short-term goals	Psychological capability	9. Goals	Education	5.1 Information about health consequences
			Persuasion	5.1 Information about health consequences 6.2 Social Comparison

			Enablement	10.9 Self reward
9. Receiving medical advice to exercise	Automatic motivation	7. Reinforcement	Training	4.1 Instruction on how to perform the behaviour
				10.9 Self reward
			Environmental restructuring	-

BCT= Behaviour change technique

BCW=Behaviour Change Wheel

Dash (-) indicates no BCT messages used in final SMS library from this intervention function