

**Physical activity – steps taken, number of active minutes, floors and reminders to move**

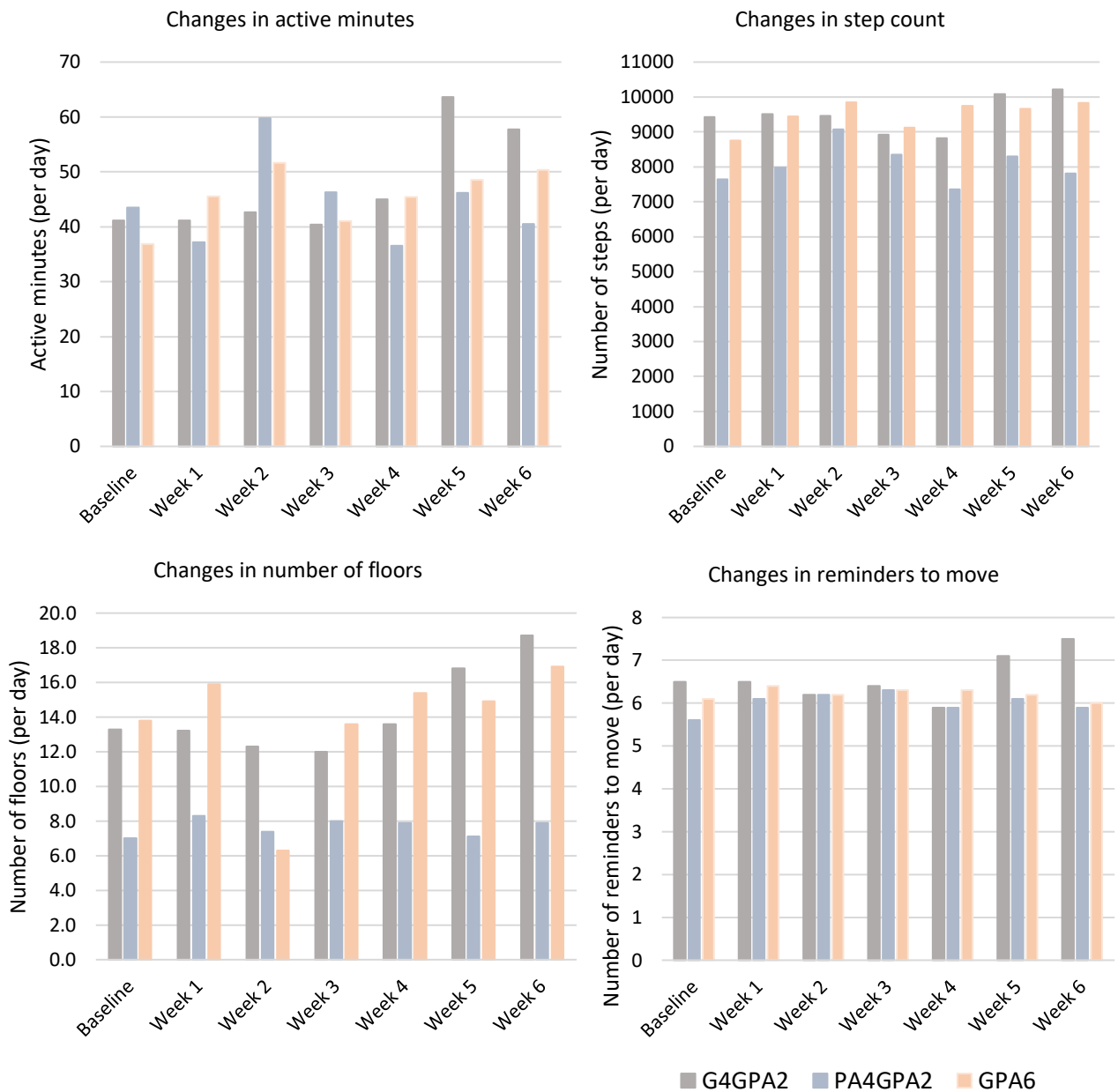


Figure. An overview of number of active minutes, step count, number of floors and reminders to move recorded by the Fitbit, adjusted for wear time.

**Physical activity feedback – number of prompts and number of steps taken after a prompt**

Only having access to physical activity feedback during the final two weeks of the intervention, participants in G<sub>4</sub>GPA<sub>2</sub> achieved 250 steps before the hour in 24.2±17.5% and 26.3±16.6% of events where a prompt occurred, and participants averaged 82±55 and 82±51 steps after being prompted (in the 10-minute window), respectively.

After being prompted to move, participants in group PA<sub>4</sub>GPA<sub>2</sub> reached 250 steps before the hour on 20.7% (week 1), 19.3% (week 2), 20.2% (week 3), 21% (week 4), 16.5% (week 5) and 22.5% (week 6) of events. After being prompted, participants averaged 64±38, 67±45, 57±26, 59±42, 45±20 and 69±43 steps (in the 10-minute window), respectively.

Similarly, participants in GPA<sub>6</sub> achieving 250 steps before the hour after a prompt on 24.9% (week 1), 27.8% (week 2), 28.2% (week 3), 24.6% (week 4), 28.2% (week 5) and 20.3% (week 6) of cases of prompts. Participants then averaged 99±91, 102±149, 60±36, 93±126, 78±88 and 73±58 steps after being prompted (in the 10-minute window), respectively.