

Additional file 5. Quality criteria for the conceptualization, implementation and evaluation of PA promoting interventions.

A) Quality of conceptualization	
(1)	Theoretical foundation - Scientific theories of health-related physical activity research - Conceptual framework of health promotion (principles, fields of action)
(2)	Multidimensionality - Behavioral and environmental components - Interaction of the components (integrative approach)
(3)	Relation to context - Individual and social factors - Environmental and policy factors
(4)	Relation to target group - Identification of the target group and its special characteristics - Specification of needs and strengths of the target group
(5)	Involvement of different stakeholders - Participation of the target group - Participation of relevant professional groups and decision-makers
(6)	Specification of goals and target behavior
(7)	Differentiated planning of the content-related and organizational process - Definition and justification of the content and methods of the intervention - Specification of the project plan and temporal structure - Specification of intervention components, frequency, intensity and duration - Detailed description of the approach (manuals, protocols)
B) Quality of implementation	
(8)	Involvement of different stakeholders - Target group(s) of the intervention - Supporter / "social catalysts" (e.g. family) - Professional groups (e.g. providers in the field of preventive medicine, decision maker)
(9)	Empowerment of stakeholders / capacity development of organizations - Qualification/training - Professional support
(10)	Resources - Finances and time - Infrastructures - Quantity and quality of the involved staff - Organizational/administrative commitment
(11)	Networking/cooperation/partnership - Collaborative coordination of involved stakeholders/organizations - Intersectoral alliances
(12)	Consistence and adjustment - "Program loyalty" - Compatibility - Feasibility - Adjustment to the implementation context
(13)	Communication - Effective mechanisms for internal and external communication - Transparency and openness
(14)	Sustainability - Structural entrenchment - Permanent takeover by involved stakeholders/community - Continuation as an organizational routine
C) Quality of evaluation	
(15)	Documentation and process evaluation
(16)	Evaluation of target group reach - Inclusion regarding age, gender, health status - Cultural and social inclusion
(17)	Outcome evaluation - Valid, reliable and sensitive methods/instruments - Specified regarding strength, sustainability and generalizability of the effects - Specified regarding health relevance - Specified regarding negative effects
(18)	Determine the cost/benefit relation - Costs in relation to behavior change - Costs in relation to health benefits