

## **Item S1. Focus Group Question Guide**

### Engagement Questions:

1. What do you think about when you hear the word "exercise"?
2. What do you think are the benefits of exercise?

### Exploration Questions:

3. Think about your experiences with exercise. Are there any barriers that keep you from exercising more and if so, what are they?

Probe: Can you give me an example? Is safety of exercise or your kidney disease a concern?

4. What do you think would help you to exercise more?

Probe: Can you give me an example? Would you explain further?

5. Who in particular do you think can influence you to exercise more?

Probe: Why? Can you tell me more?

6. Think back to when you are at your kidney doctor's office. What has your doctor told you about exercise?

7. What would be the best way to encourage people with kidney disease to exercise more?

Probe: Can you give me an example? Would you explain further?

### Exit Question:

8. Is there anything else you think we should know?