

Appendix A – Interview guide

- What did you do as part of the [name physical activity programme]?
- How did you incorporate this into your day to day life?
- How are things now in relation to your physical activity habits?
- For those who describe increased/regular physical activity engagement:
 - What has helped you to make these changes?
 - Have there been any challenges to you staying active?
 - Why have you made these changes?
 - Has anyone else helped you to stay active?
 - Did you have to make changes to other parts of your life to incorporate more physical activity?
 - How does your activity impact on you? Prompt - How does it make you feel? Does it affect any other areas of your life?
 - In what way is physical activity important to your everyday life?
- For those who describe no change in physical activity levels:
 - Would you like to be doing anything differently?
 - If yes – what are the main things that prevent you from being more active?
- For those who describe an initial increase but then a decline in physical activity levels:
 - Why do you think your activity levels reduced after the trial?
 - Would you like to be doing anything differently?
 - If yes – what are the main things that prevent you from doing so?
- How do your physical activity habits compare to times before your cancer diagnosis?