

# CERT ✓ consensus on Exercise Reporting Template

## A Checklist for what to include when reporting exercise programs

Section/Topic	Item #	Checklist item	Primary paper (page, table, appendix)	Location ** (Other (paper or protocol, website (URL))
WHAT: materials	1	Detailed description of the type of exercise equipment (e.g. weights, exercise equipment such as machines, treadmill, bicycle ergometer etc)	7-8	
	2	Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	7	
HOW: delivery	3	Describe whether exercises are performed individually or in a group	7	
	4	Describe whether exercises are supervised or unsupervised and how they are delivered	7-9	
	5	Detailed description of how adherence to exercise is measured and reported	9, 12	
	6	Detailed description of motivation strategies	n/a	protocol
	7a	Detailed description of the decision rule(s) for determining exercise progression	7	
	7b	Detailed description of how the exercise program was progressed	7-8, Table 1	
	8	Detailed description of each exercise to enable replication (e.g. photographs, illustrations, video etc)	7-8	protocol
	9	Detailed description of any home program component (e.g. other exercises, stretching etc)	n/a	
	10	Describe whether there are any non-exercise components (e.g. education, cognitive behavioural therapy, massage etc)	n/a	
	11	Describe the type and number of adverse events that occurred during exercise	13	

WHERE: location	12	Describe the setting in which the exercises are performed	6
WHEN, HOW MUCH: dosage	13	Detailed description of the exercise intervention including, but not limited to, number of exercise repetitions/sets/sessions, session duration, intervention/program duration etc	7-9
TAILORING: what, how	14a	Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	7
	14b	Detailed description of how exercises are tailored to the individual	12-13
	15	Describe the decision rule for determining the starting level at which people commence an exercise program (such as beginner, intermediate, advanced etc)	7
HOW WELL: planned, actual	16a	Describe how adherence or fidelity to the exercise intervention is assessed/measured	12-13
	16b	Describe the extent to which the intervention was delivered as planned	12-13

\*It is recommended that this checklist is used in conjunction with the Explanation and Elaboration Statement which is a guide each item in the CERT Checklist

The CERT Checklist is designed for reporting details of an exercise intervention. The CERT Checklist should be used in conjunction with a reporting checklist appropriate for the study type e.g. the CONSORT Statement ([www.consort-statement.org](http://www.consort-statement.org)) for randomised controlled trials, the SPIRIT Statement ([www.spirit-statement.org](http://www.spirit-statement.org)) for a clinical trial protocol. For further guidance regarding reporting guidelines please consult the EQUATOR network ([www.equator-network.org](http://www.equator-network.org))

\*\* Authors – please use N/A if an item is not applicable      Reviewers – please use “?” if information is not provided or not/insufficiently reported

† If the information is not provided in the primary paper that is under consideration, please provide details of where this information is available e.g. in a published protocol, published papers (provide citation details) or on a website (provide the URL).

Handwritten notes in the right margin:

4. 12-13

5. 12-13

6. 12-13