

### **Supplementary Table 3: The semi-structured individual interview guide**

1. What are your expected benefits from doing ZTEEx and having regular physical activity?
2. What are the barriers and facilitators to doing ZTEEx and having regular physical activity?
3. What are your comments on the picture e-messages and ZTEExApp?
4. What are the barriers and facilitators of reading the picture e-messages and using the ZTEExApp?
5. Did the picture e-messages and/or ZTEExApp help improve your physical activity habit?
6. What are your perceptions on this smartphone ZTEEx intervention such as its useability and acceptability?
7. What are your suggestions on the smartphone ZTEEx intervention for further improvement?