## Supplementary figures S5. Forest plots for changes in Vo2 peak.

	mHealth			Control			Mean Difference			Mean Difference			
Study or Subgroup	Mean	SD	Total	Mean	SD	Total	Weight	IV, Random, 95% CI	IV, Random, 95% CI				
Duscha BD et al.,2018	21.7	5.6	16	19.1	5.5	9	6.4%	2.60 [-1.92, 7.12]			· · ·		
Frederix I et al, 2017	24	8	62	22	6	64	12.8%	2.00 [-0.48, 4.48]		-	-	-	
Lunde P et al., 2020	31.2	8.8	48	28.7	6.9	54	10.3%	2.50 [-0.60, 5.60]		-	-		
Maddison R et al., 2019	30.52	9.63	68	29.39	6.75	72	11.6%	1.13 [-1.64, 3.90]			-		
Piotrowicz E et al., 2019	17.9	6.2	422	16.7	5.9	422	21.0%	1.20 [0.38, 2.02]					
Skobel E et al., 2017	21.9	8.3	19	19.5	4.8	42	7.5%	2.40 [-1.60, 6.40]					
Snoek et al., 2021	24.5	5.3	59	23.3	5.3	59	15.5%	1.20 [-0.71, 3.11]		_	-		
Song Y et al., 2020	19.07	5.33	48	22.29	4.79	48	15.0%	-3.22 [-5.25, -1.19]					
Total (95% CI)			742			770	100.0%	0.95 [-0.40, 2.29]		-	•		
Heterogeneity: Tau <sup>2</sup> = 2.0	7: Chi <sup>2</sup> =	19.36	df = 7	(P = 0.0	07); I <sup>z</sup>	= 64%			H	<u>    t       l        l         l        </u>		<u> </u>	
Test for overall effect: Z = 1.38 (P = 0.17)									-10	-5 U Favours [Control]	Favours [	5 mHealth]	11