Figure S1: Detailed schedule for MAPT intervention

	INTENSIVE PHASE											MAINTENANCE PHASE															_															
											mini-Booster									Booster	mini-Booster						Booste	ter			mini-Booster											
Timeline (months)	1								2			3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20 2	21 2	2 23	24	25	26	27	28	29	30	31	32	33	
Intervention sessions	1	2	3	4	5	6	7	8	9	10	11	12																														
Cognitive training component	1	1	1	1	1	1	· 🗸	1	1	1	1	1		1		✓		✓		✓		✓	1		1		✓		1		/	1	1		1		1		1		✓	
Physical activity component	1	1	1	1	1	1	· 🗸	1	1	1	1	1			1						✓	✓				1					٠,	/	1			1						✓
Nutrition component		1		1	1	1		1	1	1	1						1					1						1					1					1				
Individual motivational interviews								Т					1						1					1						1				1						1		

Note:

Cognitive training component: Reasoning training (ACTIVE trial; program to strengthen reasoning and logic skills aimed at improving daily life) and Memory training (MEMO trial; a program involving mental imagery to improve memory skills in everyday life).

Physical activity component: promote the practice of any physical activity.

Nutrition component: promote adherence to the French National Nutrition and Health Program's nutritional guidelines for people aged 55 and older.

Individual motivational interviews: Structured one-on-one interviews focused on general health and well-being, application of techniques taught in the group sessions in the participant's everyday life. Development or revision of a personalized plan with physical, nutritional, and social activity goals.