**Appendix C: Intervention Qualitative Feedback Form**

Please list the 3 most helpful aspects of this intervention for helping to increase your physical activity level:

1.

2.

3.

Please list 3 things you would change about this intervention (length, methods, approach, level of contact, targeted behaviours etc.):

1.

2.

3.

Did you learn anything from your participation in this trial?

What would help you to maintain your physical activity levels, post-intervention?

Did having your activity tracked encourage you to be more active?

Thank you for your feedback! Please leave any additional comments below.