**Table S2: Summary of Study Measures at Specified Time Points**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Domain/Measure** | **Time required** | **T0:(Baseline)** | **T1:**  **(3 mo.)** | **T2:6 mo.**  **(End Int.)** |
| **Quality of life**  FACT-G  FACT-P  FACT-F | 8-10 min  4-5 min  5 min | ●  ●  ● | ●  ●  ● | ●  ●  ● |
| **Physical Fitness**  VO2 Peak  Sit-to-Stand Test  Grip Strength | 20 min  1 min  1 min | ●  ●  ● | ●  ●  ● | ●  ●  ● |
| **Adherence** |  |  |  |  |
| Accelerometer | **-** | ● | ● | ● |
| GLTEQ (weekly)  Sessional attendance\* | <5 min  - | ● | ● | ● |
| **Cost-Effectiveness** |  |  |  |  |
| Health questionnaire | 5-10 min | ● | ● | ● |
| EQ-5D | 5 min | ● | ● | ● |

\* Only for those in supervised groups (done weekly)

**Abbreviations:** EQ-5D = EuroQol 5 dimensions of health scale; FACT-G = Functional Assessment of Cancer Therapy General; FACT-F = Fatigue subscale; FACT-P = Prostate subscale; GLTEQ = Godin Leisure Time Exercise Questionnaire; VO2 Peak = Peak Volume of Oxygen Consumption