**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 min4-5 min5 min | ●●● | ●●● | ●●● |
| **Physical Fitness** VO2 Peak Sit-to-Stand Test Grip Strength | 20 min1 min1 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