|  |
| --- |
| **Additional file 3: Table S3.** Detailed tally sheet used to assess adherence to exercise programme (Item 5), type and number of adverse events that occur during exercise (Item 11), and fidelity (Item 16a and 16b). |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ID:** |  | **Session number:** |  | **Time:** | |  | | | | | | |  | | | **Date:** | | | | |  | |  |  | | |  |  | |  | |
| ***Attendance*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Attend the training session |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Attend on time |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Mood feeling before this training session*** | **Feeling Scale** | |  |  | | |  |  | |  | | |  | | | |  | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  | **-5** | | | **-4** | **-3** | | **-2** | | | **-1** | | | | **0** | | | | **1** | | **2** | **3** | | | **4** | **5** | |  | |
| ***Physically drained feeling before this training session*** | **HPHEE Scale** | |  | **Very Bad** | | |  | **Bad** | |  | | | **Fairly Bad** | | | | **Neutral** | | | | **Fairly Good** | |  | **Good** | | |  | **Very Good** | |  | |
|  |  |  |  |  | | |  |  | |  | | |  | | | |  | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  | **0** | | | **1** | | **2** | | | **3** | | | **4** | | | | **5** | **6** | | **7** | | **8** | | **9** | | | **10** | |  |
| ***Extra physical activity*** | **Yes** | **No** |  | **Nothing** | | |  |  | |  | | |  | | |  | | | | |  | |  |  | | |  | | **Totally** | |  |
|  |  |  |  |  | | |  |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
|  | **Frequency** | **Minutes** | **Type** | | | | |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
|  |  |  |  | | | | |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
| ***Session training parts*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Warm-up*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Complete the overall warm-up part (minutes) |  |  |  | | | | | | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during warm-up |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| RPE (0-10) immediately after warm-up |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Strength training*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Complete the overall resistance part (exercises) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Compliant attitude during resistance part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
| ONMI resistance scale (0-10) immediately after resistance part |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Aerobic training*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete overall cardiovascular part (minutes) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during cardiovascular part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
| RPE (0-10) immediately after cardiovascular part |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Cool down*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete overall calm down part (exercises) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during calm down part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
|  |  |  |  |  | |  | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| **RPE Session** |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| ***Overall training session*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Pulsometer working well in overall training session |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete the overall session |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Number of adverse events that occur |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Type of adverse events that occur |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| ***Mood feeling after this training session*** | **Feeling Scale** | |  | **-5** | **-4** | | | **-3** | | | **-2** | | | **-1** | | | | **0** | | | **1** | | **2** | **3** | | **4** | | | **5** | |  |
|  |  |  |  | **Very Bad** |  | | | **Bad** | | |  | | | **Fairly Bad** | | | | **Neutral** | | | **Fairly Good** | |  | **Good** | |  | | | **Very Good** | |  |
| ***Observations:*** |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  | | | | | | | | | | | | |  | | | **Instructor** | | | | | | |  | | **Yes** | | | | **No** | |  |
|  | | | Same instructor last sessions? | | | | | | |  | |  | | | |  | |  |
|  | | | Match with another participant? | | | | | | |  | |  | | | |  | |  |

**Table S4.** Detailed tally sheet used to assess adherence to exercise programme (Item 5), type and number of adverse events that occur during exercise (Item 11), and fidelity (Item 16a and 16b).

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **ID:** |  | **Session number:** |  | **Time:** | |  | | | | | | |  | | | **Date:** | | | | |  | |  |  | | |  |  | |  | |
| ***Attendance*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Attend the training session |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Attend on time |  |  |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Mood feeling before this training session*** | **Feeling Scale** | |  |  | | |  |  | |  | | |  | | | |  | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  | **-5** | | | **-4** | **-3** | | **-2** | | | **-1** | | | | **0** | | | | **1** | | **2** | **3** | | | **4** | **5** | |  | |
| ***Physically drained feeling before this training session*** | **HPHEE Scale** | |  | **Very Bad** | | |  | **Bad** | |  | | | **Fairly Bad** | | | | **Neutral** | | | | **Fairly Good** | |  | **Good** | | |  | **Very Good** | |  | |
|  |  |  |  |  | | |  |  | |  | | |  | | | |  | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  | **0** | | | **1** | | **2** | | | **3** | | | **4** | | | | **5** | **6** | | **7** | | **8** | | **9** | | | **10** | |  |
| ***Extra physical activity*** | **Yes** | **No** |  | **Nothing** | | |  |  | |  | | |  | | |  | | | | |  | |  |  | | |  | | **Totally** | |  |
|  |  |  |  |  | | |  |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
|  | **Frequency** | **Minutes** | **Type** | | | | |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
|  |  |  |  | | | | |  | |  | | |  | | |  | | | | |  | |  |  | | |  | |  | |  |
| ***Session training parts*** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ***Warm-up*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Complete the overall warm-up part (minutes) |  |  |  | | | | | | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during warm-up |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| RPE (0-10) immediately after warm-up |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Strength training*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Complete the overall resistance part (exercises) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| Compliant attitude during resistance part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
| ONMI resistance scale (0-10) immediately after resistance part |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Aerobic training*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete overall cardiovascular part (minutes) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during cardiovascular part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
| RPE (0-10) immediately after cardiovascular part |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| ***Cool down*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete overall calm down part (exercises) |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Compliant attitude during calm down part |  |  |  | **HR (bpm)** | | | | **Time** | | | | |  | | |  | | | | | | | | | | | | | | | |
|  |  |  |  |  | |  | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| **RPE Session** |  |  |  |  | | | |  | | | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| ***Overall training session*** | **Yes** | **No** |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Pulsometer working well in overall training session |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Complete the overall session |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Number of adverse events that occur |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
| Type of adverse events that occur |  | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|  |  |  |  |  | |  | |  | |  | | |  | | |  | | | | | | | | | | | | | | | |
| ***Mood feeling after this training session*** | **Feeling Scale** | |  | **-5** | **-4** | | | **-3** | | | **-2** | | | **-1** | | | | **0** | | | **1** | | **2** | **3** | | **4** | | | **5** | |  |
|  |  |  |  | **Very Bad** |  | | | **Bad** | | |  | | | **Fairly Bad** | | | | **Neutral** | | | **Fairly Good** | |  | **Good** | |  | | | **Very Good** | |  |
| ***Observations:*** |  |  |  |  | |  | |  | |  | | |  | | |  | | | | |  | |  |  | | |  |  | |  | |
|  | | | | | | | | | | | | |  | | | **Instructor** | | | | | | |  | | **Yes** | | | | **No** | |  |
|  | | | Same instructor last sessions? | | | | | | |  | |  | | | |  | |  |
|  | | | Match with another participant? | | | | | | |  | |  | | | |  | |  |