	Minus 3 months	Minus 2 months	Minus 1 month	~ Minus 1 week	Randomisation	1 month	2 months	3 months	9 months
Brief Intervention Screening Checklist	✓								
SPAQ	✓			✓				✓	✓
Questionnaire 1					✓				
DVD (if eligible)	✓								
DVD usage assessment		✓	✓						
Booster Trial Screening Checklist				✓					
Participant Information Sheet				✓	✓				
Participant Consent Form					✓				
BREQ-2					✓			✓	✓
EXERT					✓			✓	✓
Questionnaire 2					✓			✓	✓
Questionnaire 3 (SF-12 v2 + 4)					✓			✓	✓
Height and weight					✓			✓	✓
Randomisation					✓				
Booster intervention (Rx only)						✓	✓		
12 minute walk test								✓	✓
7 day accelerometry								✓	✓