

Table 1

Outcomes	Tasks	
Programme Objectives	<i>Performance objective</i>	- decrease risk of CVD
	<i>Changeable determinant</i>	- increase cardiorespiratory fitness
	<i>Target population</i>	- cleaners
Theoretical methods	<i>Literature review</i>	- > 60% of VO ₂ max > 60 min/week
	<i>Method to strategy</i>	- worksite-adjusted intervention
Programme design	<i>Strategy to plan</i>	- facilitating specific worksite group
	<i>Instruction materials</i>	- aerobic exercise sessions
	<i>Pre-test materials</i>	- pilot study with cleaners
	<i>Intervention materials</i>	- adjusted aerobic exercise sessions
Adoption and Implementation plan	<i>Linkage system</i>	- facilitating specific worksite group
	<i>Adoption objectives</i>	- registration of conducted planned activities
		- target group participation
	<i>Adoption determinants</i>	- logistic planning of work and activities
		- collaboration between organisation and researchers
	<i>Implementation plan</i>	- activities planned in collaboration
Monitoring and evaluation plan	<i>Evaluation model</i>	- participation registration
		- on-going adjustments in aerobic exercise
	<i>Effect evaluation</i>	- increased cardiorespiratory fitness
		- decreased diurnal blood pressure
		- improve self-rated work productivity
		- reduce rate of RPE during work
		- improve metabolic cardiovascular risk factors
		- reduce the need for recovery
	<i>Process evaluation</i>	- reach of target group
		- delivering of activities
		- receipt of activities