

I MOVE**ACTIVE PLUS****CONTROL**

Baseline

Questionnaire 1

Session 1

Advice 1

3 weeks

Session 2

Advice 2

6 weeks

Questionnaire A

Questionnaire A

Session 3

Advice 3

3 months

Questionnaire 2

Session 4

Advice 4

6 months

Questionnaire 3

12 months

Questionnaire 4