

**PREGNANT WOMEN
(MATERNITY CLINICS)**



**POSTPARTUM WOMEN
(CHILD HEALTH CLINICS)**



Background information and baseline leisure time physical activity (LTPA)

8-9 weeks'
gestation

Usual care + PAC

Usual care + PAC

2 months from
delivery

I follow-up 16-18 weeks' gestation: LTPA

16-18 weeks'
gestation

Usual care + PAC booster 1

Usual care + PAC booster 1

3 months from
delivery

22-24 weeks'
gestation

Usual care + PAC booster 2

Usual care + PAC booster 2

5 months from
delivery

32-34 weeks'
gestation

Usual care + PAC booster 3

Usual care + PAC booster 3

6 months from
delivery

**II follow-up 37 weeks' gestation : LTPA + participant
responsiveness**

37 weeks'
gestation

Usual care + PAC booster 4

I follow-up 5 months from delivery : LTPA

Usual care + PAC booster 4

10 months from
delivery

**II follow-up 10 months from delivery : LTPA + participant
responsiveness**