


	Study Period									
	Enrollment*	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Final
Time point	0	t <sub>1</sub>	t <sub>2</sub>	t <sub>3</sub>	t <sub>4</sub>	t <sub>5</sub>	t <sub>6</sub>	t <sub>7</sub>	t <sub>8</sub>	
Eligibility Screen										
Informed Consent	X									
Height	X									
Weight	X									
Oxygen Saturation Level	X									
Heart Rate	X									
Interventions										
Yoga Class										
Assessments										
Baseline										
Health History Questionnaire	X									
ICAMP	X									
REALM-SF	X									
SAHLSA	X									
Baseline/Outcome										
RehabAssessment	X								X	
Health Promoting Lifestyle Profile (HPLP II)	X								X	
PROMIS-29	X								X	
Self Efficacy Exercise Regularly	X								X	
Self Rated Health	X								X	
Exit Interview									X	
3-month follow up										X
Other data variables										
Home Journals		X	X	X	X	X	X	X	X	

\*No allocation because study uses a convenience sample instead of randomized sample.