

Additional file 1

Table S1. Session spreads for each participant in both the clinic- and home-based groups

| Group | Participant | Number of sessions completed per week | | | | | | | | | Total |
|--------------|------------------|---------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|-------|
| | | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 | Week 9 | |
| Clinic-based | C1 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 1 | 24 |
| | C2 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 2 | 24 |
| | C3 | 1 | 3 | 1 | 2 | 1 | 3 | 3 | 3 | 3 | 20 |
| | C4 | 1 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 24 |
| | C5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | 24 |
| | C6 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | | 24 |
| | C7 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 24 |
| | C8 ^a | 1 | 3 | 5 | 5 | 2 | 3 | 2 | 2 | 1 | 24 |
| | C9 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 24 |
| | C10 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 24 |
| Home-based | H1 | 2 | 1 | 3 | 2 | 3 | 3 | 2 | 5 | 3 | 24 |
| | H2 ^a | 3 | 5 | 5 | 2 | 3 | 3 | 2 | 1 | | 24 |
| | H3 | 3 | 3 | 3 | 2 | 4 | 3 | 1 | 4 | 1 | 24 |
| | H4 | 2 | 3 | 3 | 1 | 3 | 3 | 4 | 3 | 2 | 24 |
| | H5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | | 24 |
| | H6 | 2 | 4 | 5 | 3 | 3 | 3 | 3 | 1 | | 24 |
| | H7 ^a | 3 | 3 | 2 | 1 | 4 | 2 | 3 | 4 | 2 | 24 |
| | H8 ^a | 3 | 2 | 2 | 4 | 3 | 2 | 5 | 3 | | 24 |
| | H9 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 24 |
| | H10 ^a | 2 | 2 | 0 | 0 | 0 | 3 | 0 | 2 | 2 | 11 |

^aParticipants who did not have more than 3 weeks of completing a uniform spread of three sessions per week.