

76 Potential Participants Identified

- 14 Unable to contact for screening
 - 1 Contacted but uninterested
 - 10 Contacted but ineligible
 - 4 Not sedentary
 - 3 Insufficient computer access
 - 2 Used pedometer in past 30 days
 - 1 Unable to attend face-to-face sessions
- 51 Contacted and eligible**

- 8 No show/cancel for consent appointment
 - 8 Consented but not randomized
 - 2 Protocol deviation
 - 3* No medical clearance
 - 4* Baseline survey not completed
 - 6* No pedometer data uploaded

*(*each of the 6 was missing more than one component for randomization)*
- 35 Consented and randomized**

19 Lifestyle Goals

- 1 Dropped out
- 1 No end-of-study upload

**Final
Lifestyle Goals
17**

16 Structured Goals

- 1 Dropped out
- 2 No end-of-study upload

**Final
Structured Goals
13**