Figure 1: Study flowchart

1. Diagnosis of incurable lung cancer
2. Study registration
   - Baseline assessment (0 month)
3. Randomisation
   - Stratified by disease stage, performance status & centre
4. Arm 1 Intervention
   - General health education materials + 8 week physical activity program
5. Arm 2 Control
   - General health education materials
6. Follow-up 2, 4, 6 months
   - PRO, physical fitness & function
7. Survival follow-up
   - To death or 3 years post-intervention

PRO = patient reported outcomes