Visit 1
(Baseline)
- GP screening (5 minutes).
- Study explanation and consent.
- Physical activity monitors on (sealed pedometer & activPAL™).
- Baseline questionnaires completed.
- 40-60 minutes

Visit 2
(7-10 days later)
• Randomisation

Immediate group
- Collect activPAL
- Record step counts, unsealed pedometer given
- First consultation, walking booklet
- 40-60 minutes

Delayed group
- Collect activPAL and pedometer
- Record step counts
- ~5 minutes

Visit 3
(week 11)
- Physical activity monitors on (unsealed pedometer & activPAL)
- ~5 minutes

Visit 4
(7-10 days later)
- Collect activPAL
- Record step counts
- Week 12 questionnaires completed
- Relapse consultation
- 40-60 minutes

Visit 5
(23 weeks)
- Physical activity monitors on (unsealed pedometer and activPAL)
- ~5 minutes

Visit 6
(7-10 days later)
- Collect physical activity monitors
- Record step counts
- Week 24 questionnaires completed
- ~30 minutes