Invited to Participate (n = 1739) → 753 participants refused

Agreed to Participate (n = 986)

Enrolment → 656 participants excluded

Randomization (n = 330)

Allocated to Pedometer Green Prescription (n = 165)

Baseline Assessment

Pedometer (n = 143)
10 missed assessment
12 lost to follow-up

Pedometer (n = 140)
13 lost to follow-up

Allocated to Standard Green Prescription (n = 165)

3-4 month follow-up Assessment

Standard (n = 135)
7 missed assessment
23 lost to follow-up

12 month follow-up Assessment

Standard (n = 130)
12 lost to follow-up