Figure 2:

- Medical record screening
  - Letter to eligible patients
    - Eligibility screening
      - Attend back class, in-person informed consent, enrollment
        - Medical clearance, upload 7 days of useable pedometer data, complete baseline survey
          - Usual care control
          - Intervention
            - 6-month follow-up
            - 12-month follow-up

- Ineligible based on clinical data
- Initial refusal or no contact
- Not willing to attend back class, not interested in participating, ineligible to participate
- Ineligible, patient refusal