Exercise on Prescription (EoP)

**Treatment Perspective (TP)**
- General Practitioner prescribes TP
- 1st motivational counselling
  - Supervised training
  - twice a week for two months
  - 1st questionnaire and interview
- 2nd motivational counselling
  - Supervised training
  - once a week for two months
  - Unassisted training once a week
- 3rd motivational counselling
  - Transition to unassisted training
  - 2nd questionnaire and interview
- 4th motivational counselling
  - Unassisted training
  - 3rd questionnaire and interview
- 5th optional motivational counselling
  - Unassisted training
  - 4th questionnaire and interview

**Preventive Perspective (PP)**
- Participant makes initial contact to exercise specialist
- 1st Motivational counselling
  - Unassisted training
  - 1st questionnaire and interview
- 2nd Motivational counselling
  - Unassisted training
- 3rd Motivational counselling
  - Unassisted training
  - 2nd questionnaire and interview
- 4th Optional motivational counselling
  - Unassisted training
  - 3rd questionnaire and interview
- 5th Optional motivational counselling
  - Unassisted training
  - 4th questionnaire and interview