Initial Enquiries (n=169)

Returned study information (n=103)

Excluded (n=12)
- Became pregnant (n=1)
- Family bereavement (n=1)
- No longer interested (n=1)
- Not contactable (n=2)
- Non attendance (n=2)
- Did not meet inclusion criteria (n=5)

Pre-screening meeting (n=91)

Excluded (n=11)
- Non-attendance (n=5)
- Did not meet inclusion criteria (n=2)
- Injury (n=2)
- Not contactable (n=1)
- Did not return GP’s letter (n=1)

Randomized (n=80)

Withdraw during meeting (n=1)
- Randomised to control group (n=1)

Assigned to intervention (n=39)
- Lost to follow-up (n=7)
  - Personal reasons (n=3)
  - Injury (n=2)
  - Failed to turn up (n=1)
  - Not contactable (n=1)

Assigned to control (n=40)
- Lost to follow-up (n=8)
  - Injury (n=3)
  - Randomised to control (n=1)
  - Other commitments (n=1)
  - Personal reasons (n=1)
  - Non-contactable (n=1)
  - Dissatisfaction with pedometer (n=1)

Provided week 12 measures (n=32)

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