1. Questionnaire on past and current physical activity (PA)

All adolescents  
\[ n = 515 \]

2. Restrict inclusion based on early adolescence PA

Physically active in early adolescence  
\[ n = 165 \]

3. Categorize participants based on late adolescence PA

PA Maintainers  
\[ n = 49 \]

PA Decliners  
\[ n = 116 \]

4. Focus groups (5-8 participants per group)

- 2 groups of boys
- 2 groups of girls
- 1 group of boys
- 2 groups of girls