403 individuals did not consent because they were not interested, were going on vacation, were already very active or had poor health.

309 Consented Participants
Wave 1: N=247; Wave 2: N=62

24 individuals declined after receiving the study recruitment package or were in poor health.

287 Individuals Randomly Allocated

Control
n = 94
Godin: n = 94
Stage: n = 94
Steps: n = 92
Blood: n = 93
SC: n = 94

PM
n = 97
Godin: n = 97
Stage: n = 97
Steps: n = 92
Blood: n = 92
SC: n = 97

PM & TC
n = 96
Godin: n = 96
Stage: n = 96
Steps: n = 93
Blood: n = 95
SC: n = 96

712 individuals Assessed for eligibility
Wave 1: N=574; Wave 2: N=138

Wave 1: N=247; Wave 2: N=62

BASELINE

3-MONTHS
Godin: A
Stage: A
Steps: A
Blood: NA
SC: A

6-MONTHS
Godin: A
Stage: A
Steps: A
Blood: NA
SC: A

9-MONTHS
Godin: A
Stage: A
Steps: A
Blood: NA
SC: A

12-MONTHS
Godin: A
Stage: A
Steps: A
Blood: A
SC: A

18-MONTHS
Godin: A
Stage: A
Steps: A
Blood: A
SC: A

TOTAL
Godin: n = 287
Stage: n = 287
Steps: n = 277
Blood: n = 280
SC: n = 287