**Activities**

**Autonomy supportive interactions**
- Elicit and acknowledge participants perspectives and discuss their exercise causality orientation [link with HD-specific impairments and barriers].
- Suggest options with respect to their health-related goals and provide relevant information along with a rationale for any suggestions [consider home support and environment].
- Facilitate discussion on options for improving physical activity.
- Involve participants in decision making.
- Maximize participants’ choices and minimize control and pressure.
- Tailor advice and support.

**Relatedness**
- Act in a warm and caring way, express empathy.
- Acknowledge and support patients’ perspectives, feelings and values.
- Avoid judgment and create a sense of shared experience.

**Competence**
- Help to clarify outcome expectations (what a person might expect as result of the changes that they have made).
- Assist in realistic goal-setting and developing a tailored activity plan.
- Assist in building skills and identification and practice of the activities required to achieve individually developed goals.
- Provide positive feedback based on knowledge of results (i.e. action that is produced) rather than knowledge of performance (i.e. movement patterns).

**Immediate outcomes**
- Increase in daily physical activity.
- Stability of disease-specific measures.
- Stability of functional measures.
- Improvement in self-efficacy measures.
- Improvement in health-related QoL.

**Longer term outcomes**
- Sustained physical activity behaviors.
- Longer term stability of disease measures and function.
- Longer term health benefits of regular physical activity.

**Outputs**

**Behavioral change**
- Increased and sustained regular physical activity.
- Greater exercise-related self-efficacy.

**Behavioral outcomes**
- Exercise-specific skill development.
- Realistic goal setting and review.
- Improved self-monitoring of physical activity [pedometers, exercise diaries, goal review, progression of exercise].
- Competent use of exercise equipment and DVD.

**Engage-HD**

**Physical Activity Coach**

**ENGAGE-HD Physical Activity Workbook**

**Move to Exercise DVD**

**Inputs**

**Engage-HD**

**Physical Activity Coach**

**ENGAGE-HD Physical Activity Workbook**

**Move to Exercise DVD**

**Behavioral change**

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Greater exercise-related self-efficacy.

**Behavioral outcomes**

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