Reviewer’s report

Title: The Utility of PerSonal Activity Trackers (Fitbit Charge 2) on Exercise Capacity in Patients Post Acute Coronary Syndrome [UP-STEP ACS Trial]: A Randomised Controlled Trial Protocol

Version: 1 Date: 05 Nov 2017

Reviewer: Giovanni Grazzi

Reviewer's report:

The authors has applied most of the suggestions indicated. However, before final acceptance Comment #7 of Revision 1 needs further changes. Since the study will include patients mainly involved in a walking-based training regimen, the following modifications within the text has to be applied and new references quoted in order of appearance:

1. Page 8, rows 25 to 35

Exercise Prescription

Patients in both groups will be encouraged to exercise as per guideline recommendations (17) over the course of the study period. Patients in the intervention arm will be encouraged to meet a target of at least 10,000 steps per day, with the device programmed to this goal. In men who underwent an exercise rehabilitation program, improvement in walking distance (i.e. steps per day) was a strong independent predictor of survival, and a great guide to prognosis (Kavanagh et al, ref. #37 of your Revision 1 here). The study coordinators will be able to view these de-identified step counts in real time; however, there will be no further interaction with patients in either group until the 8-week follow-up review.

2. Page 9, rows 12 to 18

Exercise Capacity

Improvement in exercise capacity (i.e. walking ability) will be assessed via the six-minute walking test (6MWT) in a standardized fashion by trained assessors (36). Walking distance and walking speed have been demonstrated to be inversely related to cardiovascular events (doi:10.1001/archinternmed.2012.2198), survival (DOI:10.1016/j.ijcard.2014.02.039), and hospitalization (http://dx.doi.org/10.1136/heartjnl-2015-309126) in patients with CVD.
Are the methods appropriate and well described?
If not, please specify what is required in your comments to the authors.

Yes

Does the work include the necessary controls?
If not, please specify which controls are required in your comments to the authors.

Unable to assess

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