Reviewer's report

**Title:** Measuring the implementation of a group-based Lifestyle-integrated Functional Exercise (Mi-LiFE) intervention delivered in primary care for older adults aged 75 years or older: A pilot feasibility study protocol

**Version:** 2

**Date:** 23 February 2015

**Reviewer:** Gail Anne Mountain

**Reviewer's report:**

**Major compulsory revisions**

The overall aim of the proposed study needs to be clearer - is the intervention targeting increases in physical activity or falls reduction or both?

I am not convinced that the small amount of previous feasibility testing of the intervention and accompanying research instruments is a real indication of what will happen during real world implementation - further feasibility should be woven into the protocol. This is as an opportunity to make further amendments to the intervention and to the intended outcome measures. I am concerned that frail older people will find it very difficult to comply with the extent of recording required.

In a similar vein, the fact that you have one expert deliverer of the intervention does not inform future training and supervision requirements for a greater number of deliverers in a future trial and ability to deliver the intervention per protocol.

The presentation of primary and secondary outcomes needs changing - recruitment is an indication of study feasibility and is often quoted in stop/go criteria but is not a primary outcome. The presentation of outcomes in table 4 is correct.

Carer assessment is raised but not enlarged upon - also why the age restriction for carer participation in the proposed study.

The authors may want to reconsider their stringent criteria for progression; for example analysis of the available accelerometry data.

**Minor essential revisions**

The presentation of new literature and arguments for the intervention are at the end of the paper rather than forming the background. The discussion should be concerned with the options going forward.

The paper is overly long and would benefit from editing

**Discretionary revisions**

The extent of planned statistical tests are rather excessive for a modest feasibility study.
Level of interest: An article of limited interest

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

No competing interests