

Supplement 1.

Main part of the interview guide containing questions on the experience of exercise among people treated for cancer who participated in the live-remote intervention of the EX-MED Cancer Sweden trial.

Key question	Probes
1. Tell us what made you decide to participate in a study about exercise?	• Motivation to exercise • Anything that would make exercise more appealing • Concerns exercising after a cancer diagnosis
2. What previous experience did you have with exercising (before joining the study)?	• Prior knowledge about exercising • Impact of a cancer diagnosis and treatment • Health concerns
3. What has it been like to exercise together in a group?	• Remotely compared to in-person • With other cancer survivors, different diagnoses • Mixed groups of men and women • Group size • Social aspects
4. How have the opportunities to engage in exercise been for you? For example, if you think about your work and family situation.	• Barriers to exercise - physical, mental, social • Exercising in live-remote format • Convenience, times • Need for additional resources (e.g. computer/tablet, exercise equipment)
5. What advice, if any, have you previously received on physical activity and/or exercise?	• Guidance from health professionals • Other sources of information
6. Please tell us about any effects of exercise that you experienced.	• Positive, negative • Expectations prior
7. Is there anything else we have not discussed that is important for us to know?	