

Additional file 1: Content and behaviour change techniques of the three very brief interventions

Content of all very brief interventions (VBIs)			
Face-to-face discussion content	Practitioner: - Gives feedback on current physical activity and informs the participant of whether they are meeting the physical activity recommendations. - Asks the participant if they are aware of the Chief Medical Officer's physical activity recommendations ; informs them that the recommendations are for a minimum of 30minutes of moderate-intensity activity on 5 or more days of the week; and emphasises that moderate physical activity is any activity that raises heart rate, breathing or sweating and includes the activities of daily living.		
	VBI-specific content	Motivational VBI	Pedometer VBI
Face-to-face discussion content	Practitioner: - Asks the participant if they can think of any benefits of increasing their physical activity. - Asks the participant questions about the importance of and their confidence for increasing physical activity. - Shows the participant how to use the diary (within the Motivational booklet) to set goals, make action plans and self-monitor physical activity. - Explains that the Motivational Booklet contains tips for how to increase physical activity and stay motivated, and information about local physical activity resources.	Practitioner: - Explains the 10,000 steps per day recommendation. - Shows the participant how to use the pedometer to monitor daily steps. - Shows the participant the Step Chart and encourages them to use it to set a daily step goal (starting with a smaller goal) and record daily steps. - Explains that the Pedometer Booklet contains tips for how to increase daily steps.	Practitioner: - Explains the 10,000 steps per day recommendation. - Asks the participant if they can think of any benefits of increasing their physical activity. - Asks the participant questions about the importance of and their confidence for increasing physical activity. - Shows the participant how to use diary (within the Motivational booklet) to set goals, make action plans and self-monitor physical activity. - Shows the participant how to use the pedometer to monitor daily steps. - Shows the participant the Step Chart and encourages them to use it to set a daily step goal (starting with a smaller goal at first) and record daily steps. - Explains that the Motivational Booklet contains tips for how to increase physical activity and stay motivated, and information about local physical activity resources.
Participant materials	Motivational VBI Booklet containing: - Information on physical activity recommendations. - Information about the health, social, environmental and emotional benefits of physical activity. - Questions about the importance of and confidence for increasing physical activity. - A 4- week physical activity diary encouraging goal setting, action planning, self-monitoring, goal review, problem solving, and self-monitoring of emotional consequences. - Tips for increasing physical activity (e.g. positive self-talk, social support). - Information about local physical activity resources.	Pedometer VBI Booklet containing: - Information on physical activity recommendations. - Instructions on how to use the pedometer to monitor daily steps. - Tips for how to increase daily steps. Step Chart: A 4-week chart for setting step goals and monitoring daily steps. Pedometer: A Yamax Digiwalker SW200.	Combined VBI Booklet containing: - Information on physical activity recommendations. - Information about the health, social, environmental and emotional benefits of physical activity. - Questions about importance of and confidence for increasing physical activity. - A 4- week physical activity diary encouraging goal setting, action planning, self-monitoring, goal review, problem solving, and self-monitoring of emotional consequences. - Instructions on how to use the pedometer to monitor daily steps. - Tips for increasing physical activity (e.g. positive self-talk, social support). - Information about local physical activity resources. Step Chart: A 4-week chart for setting step goals and monitoring daily steps. Pedometer: A Yamax Digiwalker SW200.
BCTs* included in discussion and materials	1.1, 1.2, 1.4, 1.5, 2.2, 2.3, 3.1, 5.1, 5.3, 5.4, 5.6, 15.4	1.1, 1.4, 2.2, 2.3, 4.1, 8.7, 12.5	1.1, 1.2, 1.4, 1.5, 2.2, 2.3, 3.1, 4.1, 5.1, 5.3, 5.4, 5.6, 8.7, 12.5, 15.4

*Numbering refers to BCTTv1 [16]: **1.1** Goal setting (behaviour); **1.2** Problem solving; **1.4** Action Planning; **1.5** Review behaviour goal(s); **2.2** Feedback on behaviour; **2.3** Self-monitoring of behaviour; **3.1** Social support (unspecified); **4.1** Instruction on how to perform the behaviour; **5.1** Information about health consequences; **5.3** Information about social and environmental consequences; **5.4** Monitoring of emotional consequences; **5.6** Information about emotional consequences; **8.7** Graded tasks; **12.5** Adding objects to the environment; **15.4** Self-talk.