Table S2. Properties for all outcome variables.

Variable	*n*	Mean	*SD*	α	Range		Skew
					Potential	Actual	
Autonomy							
Baseline	47	4.84	1.05	.880	1-6	2.67-6.0	-0.64*
Post-intervention	47	5.26	0.80	.763	1-6	2.83-6.0	-1.12*
Follow-up	47	4.99	1.13	.928	1-6	2.17-6.0	-0.95*
Competence							
Baseline	47	3.49	1.34	.925	1-6	1.0-6.0	-0.05
Post-intervention	47	3.79	1.28	.939	1-6	1.0-6.0	-0.59*
Follow-up	47	3.69	1.37	.965	1-6	1.0-6.0	-0.35*
Relatedness							
Baseline	47	3.39	1.31	.903	1-6	1.0-6.0	-0.12
Post-intervention	47	3.50	1.59	.948	1-6	1.0-6.0	-0.05*
Follow-up	47	3.55	1.58	.949	1-6	1.0-6.0	0.04*
Amotivation							
Baseline	47	0.47	0.73	.731	0-4	0-3.00	1.84*
Post-intervention	47	0.49	0.74	.803	0-4	0-3.00	1.64*
Follow-up	47	0.58	0.79	.879	0-4	0-2.50	1.24*
External							
Baseline	47	0.99	0.80	.746	0-4	0-3.0	0.56*
Post-intervention	47	1.01	1.02	.863	0-4	0-3.50	0.96*
Follow-up	47	0.91	0.94	.790	0-4	0-3.50	0.87*
Introjected							
Baseline	47	2.34	0.97	.740	0-4	0-4.0	-0.66*
Post-intervention	47	2.21	1.20	.874	0-4	0-4.0	-0.35*
Follow-up	47	2.01	1.17	.925	0-4	0-4.0	-0.22*
Identified							
Baseline	47	2.29	0.71	.648	0-4	0.25-3.50	-0.70*
Post-intervention	47	2.48	0.88	.789	0-4	0.50-4.0	-0.44
Follow-up	47	2.30	0.93	.798	0-4	0-4.0	-0.52
Integrated							
Baseline	47	1.67	0.81	.795	0-4	0-3.0	-0.28
Post-intervention	47	1.86	1.01	.843	0-4	0-3.75	-0.03
Follow-up	47	1.77	0.95	.798	0-4	0-4.0	0.03
Intrinsic							
Baseline	47	2.20	0.97	.893	0-4	0-3.75	-0.45
Post-intervention	47	2.31	1.08	.922	0-4	0-4.0	-0.62*
Follow-up	47	2.22	1.08	.930	0-4	0-4.0	-0.72*
MVPA (MET-minutes per week)							
Baseline	47	447.44	761.26		0-∞	0-2400.0	1.82*
Post-intervention	47	797.28	1486.10		0-∞	0-8640.0	3.78*
Follow-up	47	1214.04	2408.50		0-∞	0-15120.0	4.52*
Walking (MET-minutes per week)							

Baseline	47	861.16	1104.84	0-∞	0-4158.0	1.62*
Post-intervention	47	1385.30	1342.22	0-∞	0-4158.0	0.84*
Follow-up	47	1239.40	1366.75	0-∞	0-4158.0	1.22*

Notes. SD=standard deviation. MET = metabolic equivalent of task. * Indicates significant at $P<.05$ based on Shapiro-Wilk test.