

**Table S1.** Overview of weekly emails.

Week	Purpose	Content	BCTs included [24]	MBCTs included [58]	Worksheets
1	Getting motivated for PA: To learn about the benefits and explore motives for PA	Overview of program; definitions, benefits, and recommendations for PA; self-assessment of PA behaviour; personal reasons for making a change; confidence	T1, T16	MBCTs 1-3, 5-7	1.1 Decisional Balance Worksheet 1.2 Importance Ruler 1.3 Confidence Ruler
2	Exploring PA: To expose the truths behind some physical activity myths and explore personal interests	Benefits of PA; pros and cons of making a change; personal reasons for making a change; myths about PA; choosing interesting and enjoyable types of PA	T1, T18	MBCTs 3, 5-8, 10	2.1 Pros and Cons of physical activity Worksheet 2.2 Exploring physical activity Worksheet
3	Making a plan and taking action: To build an initial plan to increase PA	Personal reasons for making a change; setting SMART goals; choosing interesting and enjoyable types of PA; writing if/then statements; learning from experience	T5, T7-8, T25	MBCTs 3, 5-8, 10, 15-17, 19	3.1 Action Planning Worksheet
4	Adjusting your plan: To learn from previous experiences and enhance action plans	Learning from experience; barriers to PA; making small adjustments; self-monitoring; social support	T8, T16, T29	MBCTs 1, 3, 6-7, 10, 14-17, 19-20	4.1 Week-in-review Worksheet 4.2 Barriers to physical activity Information Sheet

4.3 Social  
Support  
Worksheet

5	Maintaining motivation: To learn strategies to help maintain motivation in the face of challenges	Learning from experience; self-monitoring; positive and negative social support; self-talk	T16, T29, T33	MBCTs 3, 6-8, 10, 14-15, 19-21	5.1 Self-monitoring Information Sheet 5.2 Self-talk Worksheet
6	Keep the momentum going: To review the topics covered throughout the program in preparation to continue making changes independently	Benefits and recommendations for PA; personal reasons for making a change; setting SMART goals; choosing interesting and enjoyable types of PA; writing if/then statements; learning from experience; self-monitoring; social support; long-term thinking	T1, T5, T7-8, T16; T29; T35	MBCT 1, 3-4, 6-8, 10, 14-17, 19-20	6.1 Revised Action Planning Worksheet

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*Notes.* BCTs=Behaviour change techniques. MBCT=Motivation and behaviour change techniques, T=technique.