

## Multimedia Appendix 4

**Table S1.** Pairwise correlations between change scores from baseline to post-intervention in MVPA, walking, basic psychological needs satisfaction and motivational regulations for total sample.

	1	2	3	4	5	6	7	8	9	10	11
1. $\Delta$ MVPA	-	-.12	.01	.05	-.11	-.01	-.04	-.01	<b>.35</b>	.10	.20
2. $\Delta$ Walking		-	.01	-.02	-.08	-.20	<b>-.40</b>	-.05	-.27	-.19	.05
3. $\Delta$ Autonomy			-	.24	.03	.05	-.04	.17	.02	.23	-.07
4. $\Delta$ Competence				-	<b>.29</b>	.09	-.08	.13	.26	.11	.08
5. $\Delta$ Relatedness					-	.19	.05	.12	.14	.23	.11
6. $\Delta$ Amotivation						-	.12	-.16	-.01	<b>-.31</b>	<b>-.29</b>
7. $\Delta$ External							-	.10	.13	.15	-.04
8. $\Delta$ Introjected								-	.24	<b>.41</b>	.25
9. $\Delta$ Identified									-	.53	<b>.54</b>
10. $\Delta$ Integrated										-	<b>.45</b>
11. $\Delta$ Intrinsic											-

*Notes.* Boldface indicates significance at  $P < .05$ ; Boldface and italics indicates significance at  $P < .01$ .

**Table S2.** Pairwise correlations between change scores from baseline to post-intervention in MVPA, walking, basic psychological needs satisfaction and motivational regulations for Group 1.

	1	2	3	4	5	6	7	8	9	10	11
1. $\Delta$ MVPA	-	-.43	.09	-.08	-.33	-.12	.31	-.14	.34	<b>.59</b>	.50
2. $\Delta$ Walking		-	.16	.14	.32	-.16	<b>-.71</b>	.20	-.39	-.19	-.01
3. $\Delta$ Autonomy			-	.51	.30	.14	-.10	.45	.17	.48	.04
4. $\Delta$ Competence				-	.23	.19	.04	.25	.34	.28	.02
5. $\Delta$ Relatedness					-	<b>.53</b>	.05	-.01	.03	-.05	-.24
6. $\Delta$ Amotivation						-	.48	-.19	.08	-.36	-.34
7. $\Delta$ External							-	-.05	.34	.12	-.25
8. $\Delta$ Introjected								-	.35	.45	.41
9. $\Delta$ Identified									-	.46	<b>.56</b>
10. $\Delta$ Integrated										-	.50
11. $\Delta$ Intrinsic											-

*Notes.* Boldface indicates significance at  $P < .05$ ; Boldface and italics indicates significance at  $P < .01$ .

**Table S3.** Pairwise correlations between change scores from baseline to post-intervention in MVPA, walking, basic psychological needs satisfaction and motivational regulations for Group 2.

	1	2	3	4	5	6	7	8	9	10	11
1. $\Delta$ MVPA	-	-.07	.04	-.07	-.07	-.06	-.04	.01	<b>.56</b>	.11	<b>.62</b>
2. $\Delta$ Walking		-	-.12	-.38	-.30	.04	-.26	-.40	-.40	-.31	.07
3. $\Delta$ Autonomy			-	.34	-.12	-.08	-.10	-.24	-.05	.09	-.19
4. $\Delta$ Competence				-	.18	.37	.34	.26	.14	.13	.06
5. $\Delta$ Relatedness					-	-.18	.37	.36	.01	.28	.16
6. $\Delta$ Amotivation						-	-.19	-.10	-.09	-.26	-.26
7. $\Delta$ External							-	.33	-.27	-.04	.25
8. $\Delta$ Introjected								-	.39	<b>.53</b>	.41
9. $\Delta$ Identified									-	<b>.61</b>	<b>.54</b>
10. $\Delta$ Integrated										-	.40
11. $\Delta$ Intrinsic											-

Notes. Boldface indicates significance at  $P < .05$ ; Boldface and italics indicates significance at  $P < .01$ .

**Table S4.** Pairwise correlations between change scores from baseline to post-intervention in MVPA, walking, basic psychological needs satisfaction and motivational regulations for Group 3.

	1	2	3	4	5	6	7	8	9	10	11
1. $\Delta$ MVPA	-	-.09	-.14	-.15	-.39	.46	-.27	-.17	-.35	<b>.59</b>	<b>.58</b>
2. $\Delta$ Walking		-	.18	-.08	-.48	<b>-.50</b>	-.13	.17	-.01	-.02	.09
3. $\Delta$ Autonomy			-	.06	.12	.01	-.01	.24	.01	.12	-.10
4. $\Delta$ Competence				-	.32	-.08	-.28	-.26	.29	-.07	.13
5. $\Delta$ Relatedness					-	.23	-.02	.03	.31	.45	.29
6. $\Delta$ Amotivation						-	-.16	-.20	-.01	-.34	-.26
7. $\Delta$ External							-	.12	.30	.44	.04
8. $\Delta$ Introjected								-	-.12	.09	-.01
9. $\Delta$ Identified									-	.48	<b>.61</b>
10. $\Delta$ Integrated										-	<b>.53</b>
11. $\Delta$ Intrinsic											-

Notes. Boldface indicates significance at  $P < .05$ ; Boldface and italics indicates significance at  $P < .01$ .