

Table S3. Effect sizes and 95% CI for all outcome variables for each group.

| | | Group 1 | | | | Group 2 | | | | Group 3 | | | |
|---------------------------|------------------------------------|------------------------|---------------------------|------------------------|---------------------------|-----------|---------------------------|-----------|---------------------|-----------|---------------------------|-----------|---------------------|
| | | Time | <i>P</i> va lu e | R | 95% CI | T | <i>P</i> va lu e | r | 95% CI | T | <i>P</i> va lu e | r | 95% CI |
| MVPA^a | | | | | | | | | | | | | |
| | T1 ^b to T2 ^c | -0.3 3 | .9 9 | -0.1 7 | -1.05 to 0.38 | -0.4 7 | .5 6 | -0.2 4 | -1.16 to 0.22 | -0.3 4 | .9 9 | -0.1 7 | -1.04 to 0.35 |
| | T2 ^c to T3 ^d | -0.1 3 | .9 9 | -0.0 7 | -0.85 to 0.58 | 0.00 | .9 9 | 0.00 | -0.69 to 0.69 | -0.0 6 | .9 9 | -0.0 3 | -0.76 to 0.63 |
| | T1 ^b to T3 ^d | -0.4 7 | .6 0 | -0.2 3 | -1.18 to 0.25 | -0.4 7 | .5 6 | -0.2 4 | -1.16 to 0.22 | -0.4 1 | .7 5 | -0.2 0 | -1.1 to 0.29 |
| Walking | | | | | | | | | | | | | |
| | T1 ^b to T2 ^c | -0.8 7 ^e | .0 5 ^e | -0.4 3 ^e | -1.58 to -0.15 e | -0.6 3 | .2 3 | -0.3 1 | -1.32 to 0.07 | -0.3 1 | .9 9 | -0.1 6 | -1.01 to 0.38 |
| | T2 ^c to T3 ^d | 0.23 | .9 9 | 0.12 | -0.48 to 0.95 | 0.31 | .9 9 | 0.16 | -0.38 to 1.01 | 0.34 | .9 9 | 0.17 | -0.35 to 1.04 |
| | T1 ^b to T3 ^d | -0.6 3 | .2 5 | -0.3 2 | -1.35 to 0.08 | -0.3 1 | .9 9 | -0.1 6 | -1.01 to 0.38 | 0.03 | .9 9 | 0.02 | -0.66 to 0.73 |
| Needs satisfaction | | | | | | | | | | | | | |
| | Autonomy | | | | | | | | | | | | |

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|--------------------|--|--|------------------------|----------------------|------------------------|---------------------------|-----------|---------|-----------|---------------------|------------------------|----------------------|------------------------|--------------------------|
| | | T1 ^b to T2 ^c | 0.07 9 | .9 9 | 0.03 9 | -0.65 to 0.78 | -0.4 4 | .6 5 | -0.2 2 | -1.13 to 0.25 | -1.0 0 ^e | .0 1 ^e | -0.5 0 ^e | -1.7 to -0.31 e |
| | | T2 ^c to T3 ^d | -0.4 3 | .7 1 | -0.2 2 | -1.15 to 0.28 | 0.78 | .0 8 | 0.39 | 0.09 to 1.48 | 0.41 | .7 5 | 0.20 | -0.29 to 1.1 |
| | | T1 ^b to T3 ^d | -0.3 7 | .9 5 | -0.1 8 | -1.08 to 0.35 | 0.34 | .9 9 | 0.17 | -0.35 to 1.04 | -0.5 9 | .2 8 | -0.3 0 | -1.29 to 0.1 |
| Competence | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | -0.6 0 | .3 0 | -0.3 0 | -1.31 to 0.12 | -0.4 4 | .6 5 | -0.2 2 | -1.13 to 0.25 | -0.3 4 | .9 9 | -0.1 7 | -1.04 to 0.35 |
| | | T2 ^c to T- 3 ^d | -0.3 0 | .9 9 | -0.1 5 | -1.01 to 0.42 | 0.31 | .9 9 | 0.16 | -0.38 to 1.01 | 0.22 | .9 9 | 0.11 | -0.47 to 0.91 |
| | | T1 ^b to T3 ^d | -0.9 0 ^e | .0 4 ^e | -0.4 5 ^e | -1.61 to -0.18 e | -0.1 2 | .9 9 | -0.0 6 | -0.82 to 0.57 | -0.1 2 | .9 9 | -0.0 6 | -0.82 to 0.57 |
| Relatedness | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | -0.6 7 | .2 0 | -0.3 3 | -1.38 to 0.05 | -0.2 8 | .9 9 | -0.1 4 | -0.98 to 0.41 | -0.0 6 | .9 9 | -0.0 3 | -0.76 to 0.63 |
| | | T2 ^c to T3 ^d | -0.2 7 | .9 9 | -0.1 3 | -0.98 to 0.45 | 0.38 | .8 7 | 0.19 | -0.32 to 1.07 | -0.1 2 | .9 9 | -0.0 6 | -0.82 to 0.57 |

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|---------------------------------|--|--|------------------------|----------------------|------------------------|----------------------------------|----------------|---------|----------------|---------------------|----------------|---------|-----------|---------------------|
| | | T1 ^b to T3 ^d | -0.9 3 ^e | .0 3 ^e | -0.4 7 ^e | -1.65 to 0.22 ^e | 0.09 | .9 9 | 0.05 | -0.6 to 0.79 | -0.0 6 9 | .9 9 | -0.0 3 | -0.76 to 0.63 |
| Motivational regulations | | | | | | | | | | | | | | |
| Amotivation | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | 0.20 | .9 9 | 0.10 | -0.51 to 0.92 | 0.06 | .9 9 | 0.03 | -0.63 to 0.76 | -0.1 6 9 | .9 9 | -0.0 8 | -0.85 to 0.54 |
| | | T2 ^c to T3 ^d | 0.00 | .9 9 | 0.00 | -0.72 to 0.72 | -0.2 2 9 | .9 9 | -0.1 1 9 | -0.91 to 0.47 | 0.12 9 | .9 9 | 0.06 | -0.57 to 0.82 |
| | | T1 ^b to T3 ^d | 0.20 | .9 9 | 0.10 | -0.51 to 0.92 | -0.1 6 9 | .9 9 | -0.0 8 9 | -0.85 to 0.54 | -0.0 3 9 | .9 9 | -0.0 2 | -0.73 to 0.66 |
| External | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | 0.03 | .9 9 | 0.02 | -0.68 to 0.75 | 0.16 | .9 9 | 0.08 | -0.54 to 0.85 | 0.22 9 | .9 9 | 0.11 | -0.47 to 0.91 |
| | | T2 ^c to T3 ^d | 0.43 | .7 1 | 0.22 | -0.28 to 1.15 | -0.0 3 9 | .9 9 | -0.0 2 9 | -0.73 to 0.66 | -0.0 6 9 | .9 9 | -0.0 3 | -0.76 to 0.63 |
| | | T1 ^b to T3 ^d | 0.47 | .6 0 | 0.23 | -0.25 to 1.18 | 0.12 | .9 9 | 0.06 | -0.57 to 0.82 | 0.16 9 | .9 9 | 0.08 | -0.54 to 0.85 |
| Introjected | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | 0.50 | .5 1 | 0.25 | -0.22 to 1.22 | -0.2 2 9 | .9 9 | -0.1 1 9 | -0.91 to 0.47 | 0.28 9 | .9 9 | 0.14 | -0.41 to 0.98 |

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|-------------------|--|--|-----------|---------|-----------|---------------------|-----------|---------|-----------|---------------------|-----------|---------|-----------|---------------------|
| | | T2 ^c to T3 ^d | 0.10 | .9 9 | 0.05 | -0.62 to 0.81 | 0.44 | .6 5 | 0.22 | -0.25 to 1.13 | 0.00 | .9 9 | 0.00 | -0.69 to 0.69 |
| | | T1 ^b to T3 ^d | 0.60 | .3 0 | 0.30 | -0.12 to 1.31 | 0.22 | .9 9 | 0.11 | -0.47 to 0.91 | 0.28 | .9 9 | 0.14 | -0.41 to 0.98 |
| Identified | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | -0.1 7 | .9 9 | -0.0 8 | -0.88 to 0.55 | -0.4 4 | .6 5 | -0.2 2 | -1.13 to 0.25 | -0.1 6 | .9 9 | -0.0 8 | -0.85 to 0.54 |
| | | T2 ^c to T3 ^d | -0.1 7 | .9 9 | -0.0 8 | -0.88 to 0.55 | 0.69 | .1 6 | 0.34 | -0.01 to 1.38 | 0.12 | .9 9 | 0.06 | -0.57 to 0.82 |
| | | T1 ^b to T3 ^d | -0.3 3 | .9 9 | -0.1 7 | -1.05 to 0.38 | 0.25 | .9 9 | 0.13 | -0.44 to 0.95 | -0.0 3 | .9 9 | -0.0 2 | -0.73 to 0.66 |
| Integrated | | | | | | | | | | | | | | |
| | | T1 ^b to T2 ^c | -0.2 0 | .9 9 | -0.1 0 | -0.92 to 0.51 | -0.1 6 | .9 9 | -0.0 8 | -0.85 to 0.54 | -0.1 2 | .9 9 | -0.0 6 | -0.82 to 0.57 |
| | | T2 ^c to T3 ^d | -0.1 0 | .9 9 | -0.0 5 | -0.81 to 0.62 | -0.0 6 | .9 9 | -0.0 3 | -0.76 to 0.63 | 0.06 | .9 9 | 0.03 | -0.63 to 0.76 |
| | | T1 ^b to T3 ^d | -0.3 0 | .9 9 | -0.1 5 | -1.01 to 0.42 | -0.2 2 | .9 9 | -0.1 1 | -0.91 to 0.47 | -0.0 6 | .9 9 | -0.0 3 | -0.76 to 0.63 |
| Intrinsic | | | | | | | | | | | | | | |

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|--|--|--|-----------|---------|-----------|---------------------|------|---------|------|---------------------|-----------|---------|-----------|---------------------|
| | | T1 ^b to T2 ^c | -0.4 0 | .8 2 | -0.2 0 | -1.12 to 0.31 | 0.00 | .9 9 | 0.00 | -0.69 to 0.69 | -0.2 5 | .9 9 | -0.1 3 | -0.95 to 0.44 |
| | | T2 ^c to T3 ^d | -0.5 0 | .5 1 | -0.2 5 | -1.22 to 0.22 | 0.38 | .8 7 | 0.19 | -0.32 to 1.07 | 0.31 | .9 9 | 0.16 | -0.38 to 1.01 |
| | | T1 ^b to T3 ^d | -0.1 0 | .9 9 | -0.0 5 | -0.81 to 0.62 | 0.38 | .8 7 | 0.19 | -0.32 to 1.07 | 0.06 | .9 9 | 0.03 | -0.63 to 0.76 |

^aMVPA: moderate-to-vigorous intensity physical activity.

^bT1: preintervention or prerandomization.

^cT2: postintervention.

^dT3: follow-up.

^eIndicates significant differences between the groups ($P < .05$).