

Supplementary. Table 3. Changes in subjective measures from baseline to week 12

	habit-B (<i>n</i> = 24)		Control (<i>n</i> = 24)		Between-group difference	
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (95% CI)	ES	<i>p</i>
Physical activity (GPAQ)						
Total score (min/week)						
Baseline	89 (112)	142 (179)				
Week 12	309 (564)	257 (354)				
Within-group difference						
Baseline to week 12	220 (520)	115 (239)	105 (-130 to 340)	0.26	0.37	
MVPA (min/week)						
Baseline	8 (17)	7 (25)				
Week 12	39 (90)	49 (108)				
Within-group difference						
Baseline to week 12	31 (93)	47 (101)	-11 (-69 to 47)	-0.11	0.71	
Sedentary time (min/day)						
Baseline	454 (184)	453 (194)				
Week 12	386 (212)	408 (270)				
Within-group difference						
Baseline to week 12	-64 (177)	-45 (237)	-19 (-141 to 103)	-0.09	0.75	
Fatigue (CFS)						
Baseline	20.17 (9.54)	18.71 (7.53)				
Week 12	17.50 (9.84)	19.96 (10.29)				
Within-group difference						
Baseline to week 12	-2.67 (7.76)	1.25 (7.81)	3.92 (-8.44 to 0.61)	-0.50	0.09	
QOL (EQ-5D total score)						
Baseline	0.95 (0.62)	0.94 (0.83)				
Week 12	0.92 (0.07)	0.88 (0.09)				
Within-group difference						
Baseline to week 12	-0.03 (0.07)	-0.06 (0.10)	0.03 (-0.02 to 0.08)	0.34	0.25	

SD, standard deviation; CI, confidence interval; GPAQ, Global Physical Activity Questionnaire score; MVPA, moderate to vigorous physical activity; CFS, Cancer Fatigue Scale; QOL, quality of life; EQ-5D, EuroQOL 5 dimensions (a standardized instrument for measuring generic health status)