

Supplement 4. Participant feedback

| Statements | <i>n</i> , % that responded “Highly agree” or “Agree” |
|---|---|
| <i>General satisfaction with the project</i> | |
| The project met my expectations | 17 (89.5) |
| I will recommend the project to others | 19 (100.0) |
| I participated in the project because I wanted to | 19 (100.0) |
| Information about the content of the project was appropriate | 18 (94.7) |
| <i>Participation and communication</i> | |
| The communication from the project coordinator was understandable | 19 (100.0) |
| The project coordinator was reachable during the project | 18 (94.7) |
| The number of emails, calls and text messages was adequate | 18 (94.7) |
| <i>Online physical exercise</i> | |
| The online physical exercise met my expectations | 18 (94.7) |
| I felt safe turning the video camera on during the online physical exercises | 18 (94.7) |
| The introduction to Borg-scale was appropriate | 17 (89.5) |
| The level of the physical exercises was adjusted to my level | 15 (79.0) |
| It was motivating to do physical exercises with others even though it was behind a screen | 16 (84.2) |
| I will recommend the online physical exercise to others | 19 (100.0) |
| <i>Online group meetings</i> | |
| I felt comfortable turning the video camera on during online group meetings | 19 (100.0) |
| The group supported me to be active in every life | 13 (68.4) |
| Being a part of a smaller online group motivated me to participate in the online physical exercises | 13 (68.4) |
| I felt we had a sense of solidarity in the smaller online group | 13 (68.4) |
| <i>Activity goals</i> | |
| I was able to set a realistic weekly activity goal | 18 (94.7) |
| The smaller group supported me to reach my weekly activity goal | 13 (68.4) |
| I had to down prioritize other things to reach my weekly activity goal | 5 (26.3) |
| <i>Microsoft Teams</i> | |
| The introduction to Microsoft Teams was sufficient | 16 (84.2) |
| I felt comfortable using Microsoft Teams | 18 (94.7) |
| I experienced technical issues with Microsoft Teams | 7 (36.8) |
| I got the necessary support and help to use Microsoft Teams | 15 (79.0) |
| <i>Garmin watches</i> | |
| The introduction to Garmin watches was sufficient | 15 (79.0) |
| I got the necessary support and help to use the Garmin watch | 15 (79.0) |
| The Garmin watch's measurement of steps motivated me to be physically active | 14 (73.7) |
| The Garmin watch was useful to set weekly activity goals | 14 (73.7) |
| The Garmin watch was useful to reach my weekly activity goal | 13 (68.4) |
| <i>The role of the facilitator in the group meetings (questions only for facilitators)</i> | |
| The introduction to the facilitator role was sufficient | 4 (66.7) |
| I used the proposed agenda in the group meetings | 6 (100.0) |
| It was time and energy consuming to be a facilitator | 1 (16.7) |
| <i>The role of the facilitator in the group meetings (questions only for participants)</i> | |
| The facilitator had a structured agenda in the group meetings | 10 (76.9) |
| The facilitator managed to start and direct the group discussions | 10 (76.9) |
| <i>The burden of tasks in the project</i> | |
| The number of questionnaires was too much in the beginning of the project | 2 (10.5) |
| The number of questionnaires was too much during the project | 3 (15.8) |
| The number of questionnaires was too much in the end of the project | 4 (21.1) |
| The number of smaller tasks e.g., make note of steps and intensity minutes, was appropriate | 17 (89.5) |
| The introduction to attaching the accelerometers was sufficient | 17 (89.5) |
| Attaching and returning the accelerometers were too time consuming | 2 (10.5) |
| The number of days wearing the accelerometers was appropriate | 13 (68.4) |

n = 19

Satisfaction questionnaire from postintervention. Participants responded to what degree they agreed or not with the statements.