CERT ü *C*onsensus on *E*xercise *R*eporting *T*emplate

A Checklist for what to include when reporting exercise programs *

Section/Topic	Item #	Checklist item	Location **	
			Primary paper (page, table, appendix)	† Other (paper or protocol, website (URL)
WHAT: materials	1	Detailed description of the type of exercise equipment (e.g. weights, exercise equipment such as machines, treadmill, bicycle ergometer etc)	Pages 7 & 8, supplementary material 3	
WHO: provider	2	Detailed description of the qualifications, teaching/supervising expertise, and/or training undertaken by the exercise instructor	Page 7	
HOW: delivery	3	Describe whether exercises are performed individually or in a group	Page 7	
	4	Describe whether exercises are supervised or unsupervised and how they are delivered	Page 7	
	5	Detailed description of how adherence to exercise is measured and reported	Page 9	
	6	Detailed description of motivation strategies	Page 8	
	7a	Detailed description of the decision rule(s) for determining exercise progression	Page 8	
	7b	Detailed description of how the exercise program was progressed	Page 8	
	8	Detailed description of each exercise to enable replication (e.g. photographs, illustrations , video etc)	Supplementary material 3	
	9	Detailed description of any home program component (e.g. other exercises, stretching etc)	Page 8, supplementary material 4	
	10	Describe whether there are any non-exercise components (e.g. education, cognitive behavioural therapy, massage etc)	Page 10	
	11	Describe the type and number of adverse events that occurred during exercise	Page 12	

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WHERE: location	12	Describe the setting in which the exercises are performed	Page 6
WHEN, HOW MUCH: dosage	13	Detailed description of the exercise intervention including, but not limited to, number of exercise repetitions/sets/sessions, session duration, intervention/program duration etc	Pages 7 & 8, supplementary materials 3 & 4
TAILORING: what, how	14a	Describe whether the exercises are generic (one size fits all) or tailored whether tailored to the individual	Page 8
	14b	Detailed description of how exercises are tailored to the individual	Page 8
	15	Describe the decision rule for determining the starting level at which people commence an exercise program (such as beginner, intermediate, advanced etc)	Page 8
HOW WELL: planned, actual	16a	Describe how adherence or fidelity to the exercise intervention is assessed/measured	Page 9
	16b	Describe the extent to which the intervention was delivered as planned	Page 12

*** It is recommended that this checklist is used in conjunction with the Explanation and Elaboration Statement which is a guide each item in the CERT Checklist**

The CERT Checklist is designed for reporting details of an exercise intervention. The CERT Checklist should be used in conjunction with a reporting checklist appropriate for the study type e.g. the CONSORT Statement (www.consort-statement.org) for randomised controlled trials, the SPIRIT Statement (www.spirit-statement.org) for a clinical trial protocol. For further guidance regarding reporting guidelines please consult the EQUATOR network (www.equator-network.org)

** Authors – please use N/A if an item is not applicable Reviewers – please use "?" if information is not provided or not/insufficiently reported

† If the information is not provided in the primary paper that is under consideration, please provide details of where this information is available e.g. in a published protocol, published papers (provide citation details) or on a website (provide the URL).