Supplementary File S2: Overarching Themes of PA Perception Presented with Related Codes, ASE Concepts and Signature Quotes

Theme	Code	Concepts ASE	P28	P29	P30	P31	P32	P33	P34	P35	P36	N	Signature Quote
Barriers and Problems Prioritizing PA	**Physical barriers** Physical limitations may include limitations due to the cancer or it's treatment. In addition they include pre-existing problems.	Barriers/Stimuli	●	●	●	●	●	●	●	●	●	9	P34: *"And making my bed, well in the summer it is easier, because I don't have a heavy duvet blanket on it. But in the winter, I have a woolen duvet, those are very heavy. I really can't do that".*
	Psychological impact of having cancer	Barriers/Stimuli	●	●	●	●					●	5	P36*: I just let it (treatment) happen, but that is pretty much all I do."*
	Fear or insecurities as a result of PA harm	Barriers/Stimuli	●	●						●	●	4	P29*: I'm not going to do things without thinking it over. I would like to know first whether it is safe"*
	External Barriers for PA related to prioritizing. Participants mentioned not being able to prioritize additional PA due to external barriers	Barriers/Stimuli	●	●	●	●	●	●	●			7	P34*: "Badminton; that is what I'd like to do most. But then you need a partner, or join a club. And I can't afford to join a club"*
	Conditional Intention Waiting for physical function to improve. Prepared to increase PA after physical barriers are reduced.	Intention	●	●							●	3	P28: *"After that (the cancer) is gone, well, you know, talking and eating is a challenge as well. Still... (hesitates) I think I'll manage then (PA)."*
PA is part of day-to-day life	**Low intensity activities are serving as examples of typical PA behavior**	Knowledge/Skills	●	●	●	●	●	●	●	●	●	9	P31: *"Well, just vacuuming, cleaning the house, clipping something in the garden, mowing the lawn. ... [further explanation]...It's not always to do with attitude, you just do things. .. going upstairs, changing the bed linen... always busy".*
	Poor awareness of limited capacity to perform higher intensity PA activities	Behaviour	●	●	●	●	●	●	●	●	●	9	

Supplementary File S2. Continued

Theme	Code	Concepts ASE	P28	P29	P30	P31	P32	P33	P34	P35	P36	N	Signature Quote
PA is part of day-to-day life	**PA is a habit/automatism/natural**	Self-efficacy	●	●	●	●	●	●	●			7	P29: *"...when I go to town for groceries, I do take my bike, actually that's something I simply do as part of normal day to day activities"*
	PA is important/ a duty	Behavior			●	●		●	●	●	●	6	P34: "*I just think it (PA) is very important."*
	Work are important source for PA	Attitude	●					●	●	●	●	5	P33: *"I work in the mornings. I work in the metal industry. That's pretty hard work, in fact; walking all the time and handling heavy things. I am working with my arms, I am working with my hands and I'm working with my head.*
	PA is different because of not working	Knowledge/Skills		●		●					●	3	P31: *"PA is now different. [...] The inevitability of being physically active (for work), that has now changed into needing to plan when you are going to do something.*
	Sports as example of PA behavior	Behaviour		●			●					2	
No Need to Increase PA (Lack of Intention)	**No interest or aversion towards more PA**	Attitude	●		●	●	●	●	●	●	●	8	P33: *"I will just continue moving the way I do now. And not with something like that … [sports]. I think this is sufficient. [...] As long as we keep busy, we're good, I think. No need to add anything much. I'm also physically active at work."*
	Lack of intention	Intention	●		●	●			●	●	●	6	P35: *"I just don't take the time for it (PA), or don't want to make time …. After I have done my work - I think that's enough obligatory physical activity - then I'd rather read a book … or watch something on television that interests me."*

Supplementary File S2. Continued

Theme	Code	Concepts ASE	P28	P29	P30	P31	P32	P33	P34	P35	P36	N	Signature Quote
PA is Associated with Positive Feelings or Effects	**Positive feelings effects as stimuli for PA**	Barriers/Stimuli	●	●	●	●	●	●	●	●		8	partner P32: *" Yes, you enjoy doing it (PA). If you like doing something, you keep doing it"*
	Relating PA to positive feelings/effects	Attitude		●	●	●	●	●	●	●		7	P33: *"But it is also pleasant to be outside, to take a stroll. My wife spends the whole day in the hospital, but then we say 'let's catch some fresh air"*
	Committed to (restoring) PA habits	Intention		●			●	●	●			4	P32: *"I was first operated on in September, in October a second time, and in November a third time and then my husband wouldn't let me go work out any sooner than January. So I started on January 2nd, right away."*
	Understanding the health benefits of PA	Knowledge/Skills		●				●	●		●	4	P34: *"For example, this morning I washed the dishes and mopped the kitchen; and just by getting moving, the pain [in my knees] is less bad".*
	Intrinsically motivated for PA	Self-efficacy				●	●		●			3	
Limited Social Support and Persuasion	**PA advise by physicians/nurses little, none or no recalling by participant**	Social norm	●		●	●		●	●	●	●	7	P33: *"Well wait a minute - I believe they did tell me once to 'keep moving'. But I think I mentioned it first. That I'm usually active. Yes, and then they told me that I should keep moving."*
	Social network stimulates PA and/or shows some fear of harm	Social norm	●	●		●	●	●	●			6	P29: *"But when I'm with colleagues - these people are very much into exercising, and someone will ask you at some point. "What time did you run?"…that can be very stimulating".* P32*: "I would have liked to start [working out] a little sooner, but he [points at partner] wouldn't let me that is why. But otherwise nothing has changed".*
	Physiotherapist is needed or involved	Social norm		●	●			●		●	●	5	
	Need to do it yourself/to have control	Attitude	●	●		●			●	●		5	P35: "*I would prefer to build myself a (PA) schedule".*
	No need for professional help with PA	Self-efficacy	●			●			●	●		4	P31: *"But, look, I have always done that [PA] myself. I was a single mom, so I took all my decisions myself. I know very well what I can do and what is good for me. I really need no help with that.*