

Online Appendix A

Interview Guide Introduction

- Today, I want to hear about your opinions, thoughts, and feelings about your experience in participating in the 12-week telehealth intervention for increasing physical activity behaviours and fruit and vegetable consumption.
- I want to understand the (1) relevance of the intervention, (2) suitability of the intervention, (3) impressions of guidance provided by the health coach, (4) perceived benefits of the intervention, and (5) problems/concerns experienced during the intervention.
- Before we start, I just want to remind you that if we start talking about something on this topic that is strongly important to you, please feel free to talk openly and honestly about it. Also, if you do not want to talk about a certain topic, that is okay as well. Remember, there are no right or wrong answers for any of the questions I ask during this interview.
- This interview will also be audio-taped, in that way, I will be able to better listen to you without writing, although I may take notes if there is a topic I would like to follow-up with you about later. Your name as well as other names used during this interview will be kept confidential and will be removed when I transcribe the interview. Then, I will delete the audio-recording. In this way, your confidentiality and anonymity will be assured.
- Do you have any questions or concerns before we begin?

Interview Questions

1. Could you tell me why you decided to participate in this study?
2. Please describe for me your current physical activity behaviour, meaning since you completed your last session online?
[Probes: How often do you participate in physical activity in an average week? How much time do you spend doing the activity? What is the type of activity you do (e.g., aerobic or strength or flexibility)? What is the intensity of the activity (mild, moderate, or vigorous, mix)? What activities do you do? Where do you do most of your activity? With whom, if anyone, do you do most of your physical activity with?]
 - a. How does your current physical activity behaviour compare with your behaviour before you started this intervention?
 - b. How does the context (e.g., where, with whom) compare with the context you had before you started this intervention?
 - c. Could you describe your physical activity behaviour during the intervention?

3. On the basis of your response to the previous question, do you think this intervention helped you (or did not help you) become more active?
[Probes: What aspects of the intervention helped? Can you give examples?]
 - i. Do you think you will use what you learned to continue to be active?
 1. If yes, what will you continue to use? Why? How?
 2. If no, why not?
 - b. (If not helpful), What would it have taken to help you become more active?
4. Do you have any plans to change your physical activity behaviour in the future?
 - a. If yes, why and in what ways?
[Probes: In what context? Do you plan to change the intensity, frequency, and/or amount?]
 - b. If yes, what about the intervention made you want to change your behaviour?
 - c. If no, why?
[Probes: Are you satisfied with current behaviour? Are you unable to make changes? Are you uninterested in physical activity? Are you uninterested in changing your physical activity behaviours? Are there barriers to changing your physical activity?]
5. Please describe for me your current fruit and vegetable intake.
[Probes: How often do you eat fruits and vegetables in an average week? What fruits and vegetables do you eat? Who usually prepares your meals and who usually does your groceries? With whom do you usually eat, if anyone?]
 - a. How does your current fruit and vegetable intake compare with the intake you had before you started this intervention?
 - b. Could you describe your fruit and vegetable intake during the intervention?
6. On the basis of your previous response, do you think this intervention helped you (or did not help you) to eat more fruits and vegetables?
 - a. If so, why?
[Probes: What aspects of the intervention helped? Can you give examples?]
 - i. Do you think you will use what you learned to continue to eat fruits and vegetables?
 1. If yes, what will you continue to use? How?
 2. If no, why not?
[Probes: are there any barriers?]
 - b. (If not helpful), What would it have taken to help you eat more fruits and vegetables?
7. Do you have any plans to change your fruit and vegetable intake in the future?
 - a. If yes, why and in what ways?
 - i. Will you use what you have learned during the intervention? Why or why not?
 - b. If no, why?

8. How did having a health coach for an hour a week influence your motivation toward changing your lifestyle?
 - a. How did it influence what you think about physical activity and your eating patterns?
 - b. How did it influence your health goals and how you think about your abilities to make changes to your physical activity behaviours and fruit and vegetable intake?

[Probes: Have your health goals changed? In what ways? How do you feel about the amount of control you have over your physical activity behaviours and fruit and vegetable intake?]
 - c. What would you say had the biggest impact on your motivation to participate in physical activity and eat more fruits and vegetables?
 - d. Tell me about anything that occurred as a result of the intervention that had an influence, either positive or negative, on your motivation to participate in these health behaviours?
9. How do you feel about the amount of choice, options, and input you were allowed to have throughout the intervention? How do you feel about this?
10. Did you feel you were supported throughout the intervention?
 - a. If so, by whom?
 - b. Why?
 - i. What did these individuals do to make you feel supported?
 - ii. Was it the type of support(s) you wanted?

[Probes: Did you receive different types of support, such as emotional, instrumental, informational, and companionship? Was there a type of support you would have liked to receive more of? Less of?]
 - iii. How satisfied were you with the support you received from each of these individuals?
 - c. If not, why?
 - i. What could have been done better or changed to support you better?
11. What did you think about the weekly activities? How helpful were they?
 - a. Were there any that were particularly helpful?
 - b. Were there any that you felt were a waste of time?
 - c. Were there activities that we did that you didn't like? Why or why not?
 - d. Were there activities that you would have liked to have tried?
12. Did you feel like the intervention empowered you to make lifestyle changes? How so?
13. How has this intervention influenced how competent you feel about participating in physical activity and eating more fruits and vegetables?

[Probes: How has your knowledge about physical activity and eating fruits and vegetables changed? How has your confidence in your ability to participate in physical activity and eat fruits and vegetables changed?]
14. How has this intervention influenced your relationships with others? Has it allowed you to be more connected to people around you (friends, family)? How so?

15. What difficulties or challenges did you experience as a result of participating in this intervention?
 - a. Were you able to resolve any of these difficulties or challenges? If so, how? If no, what would it have taken to resolve these?
16. What expectations did you have when you joined this study?
 - a. How did you feel about meeting with a health coach for one hour per week online?
 - b. Did you expect that it would help you increase your physical activity and fruit and vegetable intake? If so, please explain.
 - c. Were your expectations met? How so?
 - d. In what ways were they not met?
 - e. In what ways did your expectations about what you would get from the intervention change throughout the intervention?
17. Were there ways in which you thought an online intervention would be more or less beneficial than an in-person intervention? Please explain?
18. Can you tell me about your overall experience in participating in this intervention?
 - a. What did you like about the intervention?
 - b. What did you dislike about the intervention?
 - c. What would you recommend be changed?
19. What did this intervention mean to you?

Closing Questions

Do you have anything else that you would like to share before we conclude this interview?