

Supplemental Table 1. Items related to the TPB psychosocial factors and corresponding response options

Psychosocial factor	Item	Response options	Internal consistency (Cronbach's $\alpha$ )
Attitudes	1. I feel that engaging in regular physical activity is necessary to me	Seven -point scale ranging from <i>not necessary</i> to <i>very necessary</i>	.90
	2. I feel that engaging in regular physical activity is beneficial to me	Seven-point scale ranging from <i>harmful</i> to <i>beneficial</i>	
Normative beliefs	1. In my daily life, others consider it important that I should engage in regular physical activity	Five-point scale ranging from <i>very much shouldn't</i> to <i>very much should</i>	.96
	2. In my daily life, others support my engagement in regular physical activity	Five-point scale ranging from <i>very unsupportive</i> to <i>very supportive</i>	
Control beliefs	1. In the next month, it is possible for me to exercise regularly	Five-point scale ranging from <i>strongly disagree</i> to <i>strongly agree</i>	.87
	2. In the next month, I will exercise regularly no matter what obstacles I encounter	Five-point scale ranging from <i>strongly disagree</i> to <i>strongly agree</i>	

Supplemental Table 2. Items of physical activity and corresponding response options

Daily physical activity	Average exercise time (minutes)	Frequency of exercise	Degree of conscious breathing during exercise			
			1 Normal	2 Slightly faster breathing	3 Panting	4 Out of breath
Strolling			1	2	3	4
Walking			1	2	3	4
Jogging			1	2	3	4
Running			1	2	3	4
Swimming			1	2	3	4
Recreational and social ball games (e.g., golf)			1	2	3	4
Training and competition ball sports (e.g., basketball and table tennis)			1	2	3	4
Bicycling			1	2	3	4
Hiking			1	2	3	4
Strength training (e.g., weight lifting, sit-ups, and push-ups)						
Stair climbing			1	2	3	4
Aerobic dance			1	2	3	4
Yoga and pilates			1	2	3	4
Folk dance, international standard			1	2	3	4
Barehanded exercises, stretching exercises, kung fu (such as Taijiquan, Yuanji dance, Wai Dan Gong etc.)			1	2	3	4
Rope skipping			1	2	3	4
Hula hoop			1	2	3	4
Others : _____			1	2	3	4
Others : _____			1	2	3	4
Others : _____			1	2	3	4



Supplemental Figure 1: Interface of Exercise Health Garden.