(Bracketed and italicised words are applicable to virtual focus group only)

Welcome

Thank you for attending our PPI event regarding the development of a home-based exercise programme for adults living with overweight and obesity. It's lovely to *(virtually)* meet you all.

As you know my name is Sofie and I'm in my second year of my PhD at Coventry university looking to develop a home-based exercise programme for adults living with overweight and obesity.

As set out in the agenda, the first half of the session will be us talking you through some previous research that we have undertaken and then a proposed home-based exercise programme that we've developed as a result of that. We'll also virtually take you through the online delivery platform that we may use to ensure participants can access the programme from their home. After which we'll have a 15 minute comfort break and then the remaining hour or so will be spent on the round table discussion.

Does anyone have any questions for myself or Dave before we get started?

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Reminder of attendance and discussion purpose

- The results from this informal discussion will further shape the design of a home-based exercise programme for adults living with overweight and obesity
- Of which will be tested as part of my PhD programme

Discussion guidelines before we get started

- Informal discussion with no right or wrong answers, only differing points of view and we're interested in all of them, positive, negative and indifferent
- Please don't hesitate for fear of offense, we wish to create a representative and hopefully effective programme and we can't do that without feedback from people with lived experience
- All on a first name basis but we won't use your real names in our report
- We ask that we have person speaking at a time, especially because we're recording the session today as we don't want to miss any of your comments and we can't write them down fast enough! We ask that if you wish to comment/make a suggestion to raise your *(virtual hand)* and either myself or Dave will ask you to *(unmute and)* speak to the group.
- You don't need to agree with others but please listen respectfully as others share their views
- Our role as facilitators will be to guide the discussion, we ask that you talk to each other and share your views/opinions
- We ask that you please put your phones on silent to minimise distractions
- *(If your internet connection drops at any point, don't worry, just try and re-join the call via the same link if/when you can and we can catch you up on the discussion if needed)*

Round *(virtual)* room introduction

- Name and where you're from/what job you do etc.

Discussion questions

- Is anyone currently participating in home-based exercise programmes at the moment?

- What did you think of the programme? (*This can be any aspect of the programme, no matter how small or big*)
  - Likes (What do you like best about the proposed programme?)
  - Improvements (What do you think this programme is missing?)
    - Are there any specific exercises that we've missed that you would like to be included in the home-based programme?
  - What are your thoughts on the provision of equipment to facilitate your engagement in the home-based exercise programme?
    - If not desirable, probe for suggestions

- What did you think of the online platform? (*This can be any aspect of the platform, no matter how small or big*)
  - Like
  - Improvements
  - Can you foresee any difficulties regarding usability of the online platform from what has been demonstrated in the session today?

- When thinking about monitoring your progress throughout the programme, what would you like to be included or what would you like to be aware of? And how would you like this to be presented to yourselves as participants of the programme?
  - What are your thoughts on the provision of a fitness tracker for use throughout the programme?
  - If you were a participant, how would you like to be best supported whilst undertaking the home-based exercise programme?

- What can we do as facilitators to make the programme better?

- If you could choose one thing to change or add that would improve this home-based exercise programme, what would it be and why?

- Of all the things we've discussed today, what to you is most important?

- Is there anything that we haven't covered today that you'd like us to know?

- *If summarising at the end – is this an adequate summary?*