**Supplemental Content**

Table 1. Intervention material structure and time line

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| **Week** | **Newsletter/Phone Call General Topics** | **Newsletter Information/Phone Call Activities** |
| 1 | PA Recommendations – adults/ children | * Identify why PA is important to you.
* Review PA results from accelerometer for parent and child.
* Review PA guidelines for adults and children.
* Engage in PA goal setting with parent for parent and parent/child goals.
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| 2 | Goal Setting – PA focused | * Engage in PA goal setting with parent for parent and parent/child goals
* Encourage parent to use the S.M.A.R.T principle with goal setting.
* Identify actions to be taken to help meet the goals.
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| 3 | PA Social Support | * Identify people who can support you being more active.
* Identify ways they can support you
* Link the social support method to one PA barrier.
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| 4 | PA Barriers | * Identify up to 3 PA barriers.
* Develop a plan to reduce that barrier.
* Pick one barrier to work on this week.
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| 5 | PA Progression | * Use the S.M.A.R.T or F.I.T.T methods to set weekly PA goals.
* If you have been meeting the goals think about how you can increase them.
* If you have not been meeting them, think about ways to scale the goals back so you can meet them.
* Try to reduce sedentary time to meet PA goals.
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| 6 | Lifestyle PA | * Identify ways to increase lifestyle PA for you and your child.
* Set a lifestyle PA goal for you and your child.
* Develop strategies that will be used to implement this goal.
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| 7 | PA Motivators | * Review why PA is important to you
* Identify ways to remind you to do PA
* Think of rewards to give yourself and your child for being active.
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| 8 | PA Setback Prevention | * Identify all the changes you have made over the past weeks
* List all the benefits you have received by being more active
* Create a plan in advance for what to do when setbacks happen
* Review strategies for overcoming past barriers
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PA = Physical Activity