**Supplemental Content 2**. Discussion session topics and activities

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|  | **Behavior Change Techniques** | **Example strategies** |
| Session 1 | Social support | * Introductions and motivation for joining exercise program
* Team name
* Team goal setting
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| Goal setting (behavior) | * Identify short (i.e., during intervention) and long term PA goals
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| Action planning | * Specify the frequency, duration, intensity, type and location/context of PA to reach goals
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| Self-monitoring | * Instructions on how to use the Fitbit to track activity and provide written logs for activity tracking
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| Session 2 | Credible source | * Information about the benefits of exercise for cancer survivors, with references to peer-reviewed literature
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| Instruction on how to perform a behavior | * Information about aerobic and resistance exercise, and appropriate frequency, intensity, time and type
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| Session 3 | Review behavior goals | * Discuss original PA goals and modify as appropriate
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| Problem solving | * Prompt participants to identify barriers to independent PA and discuss ways in which they could overcome them
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PA, physical activity.