

Supplemental Content

Correlation Matrix of Moderate-to-Vigorous Physical Activity (MVPA) Outcomes and Mediators at Baseline, 6 months, and 12 months follow-up

	Study Condition^a	MVPA min/wk survey Baseline	MVPA min/wk survey 6 mo	MVPA min/wk survey 12mo
Sample Size (N)	311	311	243	233
Study Condition ^a	1	-0.005	0.107	0.158
MVPA min/wk Baseline	-0.005	1	0.208	0.228
MVPA min/wk 6 mo	0.107	0.208	1	0.324
MVPA min/wk 12 mo	0.158	0.228	0.324	1
Social Support Baseline	0.001	0.152	0.14	0.114
Social Support 6mo	0.135	-0.008	0.252	0.192
Social Support 12 mo	0.084	0.037	0.138	0.333
Barriers Baseline	0.034	-0.118	-0.091	-0.235
Barriers 6 mo	-0.047	0.011	-0.183	-0.24
Barriers 12mo	0.037	-0.104	-0.2	-0.302
Self Efficacy Baseline	0.008	0.093	0.18	0.119
Self Efficacy 6 mo	0.069	0.097	0.275	0.159
Self Efficacy 12 mo	0.124	0.075	0.254	0.307
Benefits Baseline	-0.094	-0.095	-0.04	-0.131
Benefits 6 mo	-0.062	-0.007	-0.187	-0.199
Benefits 12 mo	0.002	-0.066	-0.179	-0.301

^a = scored as Tailored Telephone Counseling Plus Website = 1, Standard Website Only = 0