

SUPPLEMENTARY MATERIAL

Exercise Feedback Survey

1. Did you notice a difference between exercise sessions when you received feedback compared to when you didn't?
 - No
 - Yes. The difference could be described as _____

2. If you found the two sessions different, how would you describe the session in which feedback was provided?
 - Strongly enjoyed
 - Enjoyed
 - It didn't matter to me (neutral)
 - Somewhat troublesome
 - A hindrance

3. In future, would you choose to perform exercise with feedback?
 - Yes
 - No
 - Undecided

4. In future, would feedback encourage you to exercise more?
 - Yes
 - No

Table S1: Post-exercise feedback survey results for questions 1, 3 and 4.

	Feedback		Engagement	
	Yes	No	Yes	No
Did you find a difference between exercise sessions when you received feedback compared to when you didn't?	100%	0%	100%	0%
In future, would you choose to perform exercise with feedback?	89%	11%	89%	11%
Would feedback encourage you to exercise more?	89%	11%	94%	6%