

## 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%