

Activity plan for [NAME of the Participant]

Week: _____

Figure S1. PA Plan.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Basic training lower body part	✓	✓	✓	✓	✓	✓	
Basic training upper body part	✓	✓	✓	✓	✓	✓	
Specific exercises upper body part	-Exercises with rubber band -Press-ups (3x10 reps/each)		-Exercises with rubber band -Press-ups (3x10 reps/each)		-Exercises with rubber band -Press-ups (3x10 reps/each)		My reward?
Specific exercises lower body part		-Knee extension -Elbow knee (3x10 reps/each)		-Knee extension -Elbow knee (3x10 reps/each)		-Knee extension -Elbow knee (3x10 reps/each)	
Walking/Biking	✓	✓	✓	✓	✓	✓	✓

This is an example of a physical activity plan for a patient that shows to be independent in everyday activities, has good balance skills and showed a good aerobic capacity in the baseline assessments (measured by six-minute walk Test) .

Figure S2. PA diary.

My activities		Perceived intensity			⌚ min.	After the exercises I feel ...	
Day	(Basic training, specific exercises, walking)	low	moderate	high		physical	mental
Monday							
						😊	😊
						😐	😐
						😞	😞
Comments							
.....							
.....							

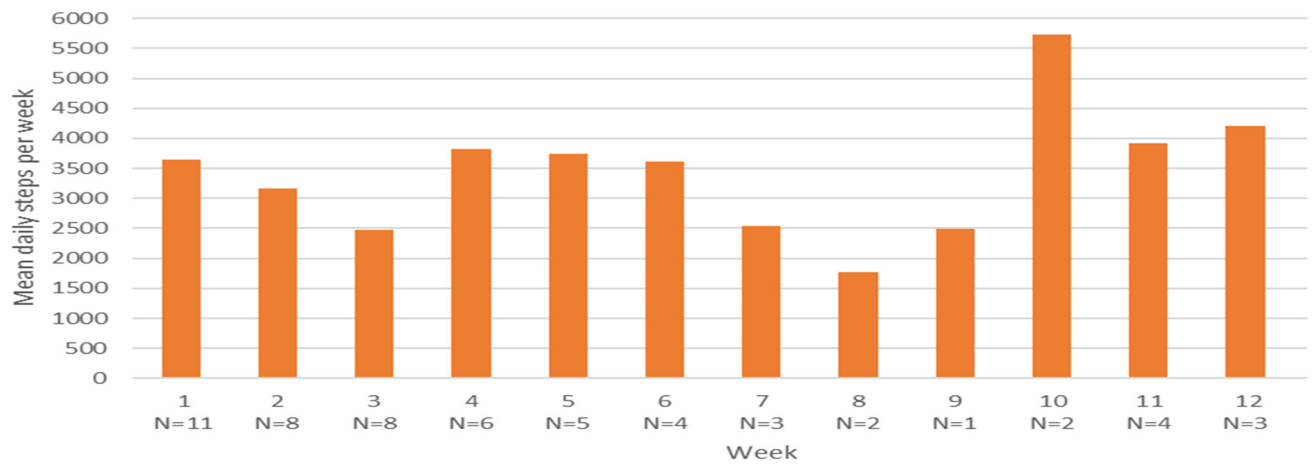


Figure S3. Mean daily steps per week of participants which used the pedometers more than 4 days for each given week.

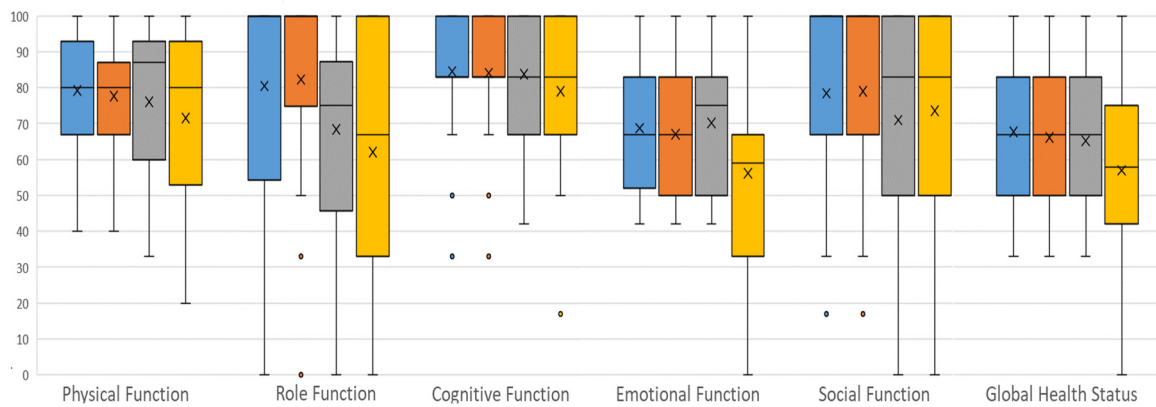


Figure S4. EORTC QLQ-C30 Functioning Scales (0-100 the higher the better) for baseline (n=24) (T0), baseline (n=19) (T0), post-assessments (n=19) (T1) and follow-up (n=19) (T2) depicted with boxplots (box 50%, whiskers 25% quartiles, Median=line, Mean =x).

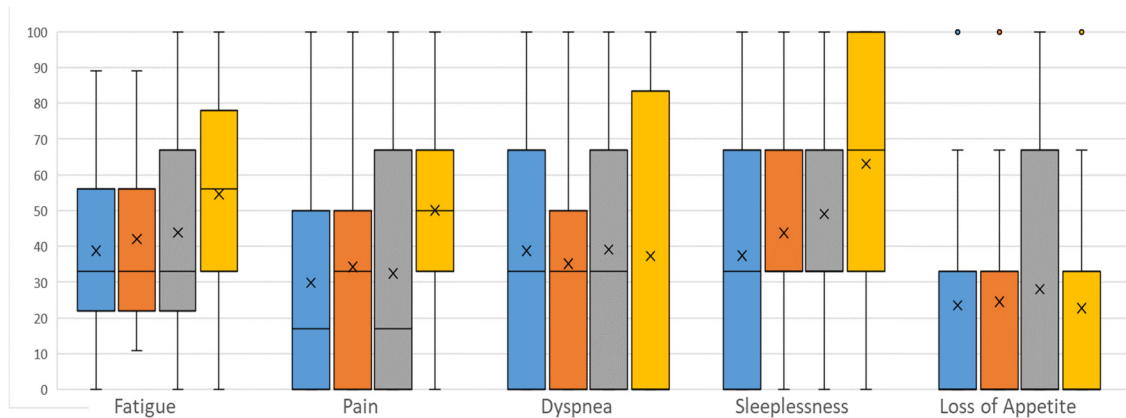


Figure S5. Selected Symptom Scales (EORTC QLQ-C30) (0-100 the lower the better) at baseline (n=24) (T0), baseline (n=19) (T0), post-assessments (n=19) (T1) and follow-up (n=19) (T2) depicted with boxplots (box 50%, whiskers 25% quartiles, Median=line, Mean =x).