

Online supporting information Document S2. Coaching schedule of the interventions

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Coaching schedule for 6-month intervention period

Week	Activity	Exercise coach	Diet coach
0	Baseline visit (0 months)	Phone call for appointment	Group education session (60min) Introduction and home material
1	Introduction + tablet PC and home package	F2F - Home visit (90min)	Phone call or VC (15min)
2	Goal-setting (exercise) Group evaluation (diet)	F2F - Home visit (90min)	F2F - Community center (60min)
3	Coach session	VC (15min)	VC (15min)
4	Coach session	VC (15min)	VC (15min)
5	Monthly group consultation	F2F - Community center (60min)	F2F - Community center (together)
6	Coach session	F2F - Home visit (60min)	VC (15min)
7	Coach session	VC (15min)	-
8	Coach session	VC (15min)	VC (15min)
9	Monthly group consultation	F2F - Community center (60min)	If desired - F2F with exercise coach
10	Adjusting goals Coach session	F2F - Home visit (60min)	VC (15min)
11	-	-	-
12	Coach session	VC (15min)	VC (15min)
13	Monthly group consultation	F2F - Community center (60min)	-
14	Coach session	F2F - Home visit (45min)	VC (15min)
15	-	-	-
16	Coach session	VC (15min)	VC (15min)
17	Monthly group consultation	F2F - Community center (60min)	If desired - F2F with exercise coach
18	Coach session	VC (15min)	-
19	-	-	-
20	Coach session	-	VC (15min)
21	Monthly group consultation	F2F - Community center (60min)	If desired - F2F with exercise coach
22	Coach session (operating independently)	F2F - Home visit (45min)	-
23	-	-	-
24	Coach session	-	VC (15min)
25	Monthly group consultation Closing session(s)	F2F - Community center (60min)	F2F - Community center
26	Effect visit (6 months)		

This overview presents the contacts for the exercise and diet coaches, including the prescribed time. Detailed description of the coaching intervention was available in the coach manual. After termination of coaching participants were able to keep their tablet PC in order to continue their functional exercise program by themselves. F2F, face-to-face contact; VC, Video call with Skype.