**Multimedia Appendix – Questionnaire data on Planner sections and tools by study group**

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Note: Data *highlighted* when <75% of respondents in any given group selected “necessary: keep as is”

### PLANNER

| Planner Section                                             | Response option                  | Current program planners n (%) | Group Future program planners n (%) | Past program planners n (%) | All participants n (%) |
|-------------------------------------------------------------|----------------------------------|-------------------------------|------------------------------------|---------------------------|------------------------|
| Explore the "call to action"; thinking about starting a program | ✓ Necessary: keep as is          | 15 (100)                      | 9 (100)                           | 12 (100)                  | 36 (100)               |
|                                                             | ✓ Necessary: needs modification  | 0 (0)                         | 0 (0)                             | 0 (0)                     | 0 (0)                  |
|                                                             | ✗ Not necessary: remove          | 0 (0)                         | 0 (0)                             | 0 (0)                     | 0 (0)                  |
| Involve the community; identify key partners                | ✓ Necessary: keep as is          | 14 (93.3)                     | 8 (88.9)                          | 12 (100)                  | 34 (94.4)              |
|                                                             | ✓ Necessary: needs modification  | 1 (6.7)                       | 1 (11.1)                          | 0 (0)                     | 2 (5.6)                |
|                                                             | ✗ Not necessary: remove          | 0 (0)                         | 0 (0)                             | 0 (0)                     | 0 (0)                  |
| Develop your team’s terms of reference; creating a project charter | ✓ Necessary: keep as is          | 9 (60.0)                      | 8 (88.9)                          | 10 (83.3)                 | 27 (75.0)              |
|                                                             | ✓ Necessary: needs modification  | 4 (26.7)                      | 0 (0)                             | 2 (16.7)                  | 6 (16.7)               |
|                                                             | ✗ Not necessary: remove          | 2 (13.3)                      | 1 (11.1)                          | 0 (0)                     | 3 (8.3)                |
| Form consensus about the importance of exercise for people with stroke | ✓ Necessary: keep as is          | 10 (66.7)                     | 8 (88.9)                          | 9 (75.0)                  | 27 (75.0)              |
|                                                             | ✓ Necessary: needs modification  | 5 (33.3)                      | 0 (0)                             | 3 (25.0)                  | 8 (22.2)               |
|                                                             | ✗ Not necessary: remove          | 0 (0)                         | 1 (11.1)                          | 0 (0)                     | 1 (2.8)                |
| Features of exercise programs designed for people with stroke | ✓ Necessary: keep as is          | 13 (86.7)                     | 5 (55.6)                          | 12 (100)                  | 30 (83.3)              |
|                                                             | ✓ Necessary: needs modification  | 2 (13.3)                      | 3 (33.3)                          | 0 (0)                     | 5 (13.9)               |
|                                                             | ✗ Not necessary: remove          | 0 (0)                         | 1 (11.1)                          | 0 (0)                     | 1 (2.8)                |
| Conduct community assessment                                | ✓ Necessary: keep as is          | 15 (100)                      | 9 (100)                           | 12 (100)                  | 36 (100)               |
|                                                             | ✓ Necessary: needs modification  | 0 (0)                         | 0 (0)                             | 0 (0)                     | 0 (0)                  |
|                                                             | ✗ Not necessary: remove          | 0 (0)                         | 0 (0)                             | 0 (0)                     | 0 (0)                  |
| Choose a program that is a good fit for your community      | ✓ Necessary: keep as is          | 14 (93.3)                     | 7 (77.8)                          | 11 (91.7)                 | 32 (88.9)              |
|                                                             | ✓ Necessary: needs modification  | 1 (6.7)                       | 2 (22.2)                          | 1 (8.3)                   | 4 (11.1)               |
| Planner Section                                                                 | Response option        | Current program planners n (%) | Future program planners n (%) | Past program planners n (%) | All participants n (%) |
|--------------------------------------------------------------------------------|------------------------|-------------------------------|-------------------------------|----------------------------|-----------------------|
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Cost implications                                                              | ✓ Necessary: keep as is| 15 (100)                      | 8 (88.9)                      | 10 (83.3)                  | 33 (91.7)             |
|                                                                                | ! Necessary: needs modification | 0 (0)                         | 1 (11.1)                      | 2 (16.7)                  | 3 (8.3)               |
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Fig. 3 - Decision making: should we and can we proceed with an exercise program here? | ✓ Necessary: keep as is | 12 (80.0)                      | 8 (88.9)                      | 11 (91.7)                  | 31 (86.1)             |
|                                                                                | ! Necessary: needs modification | 3 (20.0)                      | 1 (11.1)                      | 1 (8.3)                   | 5 (13.9)              |
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Prepare your business case                                                     | ✓ Necessary: keep as is | 10 (66.7)                      | 9 (100)                       | 10 (83.3)                  | 29 (80.6)             |
|                                                                                | ! Necessary: needs modification | 4 (26.7)                      | 0 (0)                         | 1 (8.3)                   | 5 (13.9)              |
|                                                                                | ✧ Not necessary: remove | 1 (6.7)                        | 0 (0)                         | 1 (8.3)                   | 2 (5.6)               |
| Prepare your implementation work plan                                          | ✓ Necessary: keep as is | 14 (93.3)                      | 9 (100)                       | 11 (91.7)                  | 34 (94.4)             |
|                                                                                | ! Necessary: needs modification | 1 (6.7)                        | 0 (0)                         | 1 (8.3)                   | 2 (5.6)               |
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Achieve agreement to proceed (or not)                                          | ✓ Necessary: keep as is | 12 (80.0)                      | 8 (88.9)                      | 10 (83.3)                  | 30 (83.3)             |
|                                                                                | ! Necessary: needs modification | 1 (6.7)                        | 0 (0)                         | 0 (0)                      | 1 (2.8)               |
|                                                                                | ✧ Not necessary: remove | 2 (13.3)                       | 1 (11.1)                      | 2 (16.7)                  | 5 (13.9)              |
| Assess barriers and drivers to program implementation                          | ✓ Necessary: keep as is | 13 (86.7)                      | 7 (77.8)                      | 11 (91.7)                  | 31 (86.1)             |
|                                                                                | ! Necessary: needs modification | 2 (13.3)                      | 2 (22.2)                      | 1 (8.3)                   | 5 (13.9)              |
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Address identified challenges to program implementation                        | ✓ Necessary: keep as is | 12 (80.0)                      | 4 (44.4)                      | 12 (100)                   | 28 (77.8)             |
|                                                                                | ! Necessary: needs modification | 3 (20.0)                      | 5 (55.6)                      | 0 (0)                      | 8 (22.2)              |
|                                                                                | ✧ Not necessary: remove | 0 (0)                         | 0 (0)                         | 0 (0)                      | 0 (0)                 |
| Launch the program                                                             | ✓ Necessary: keep as is | 15 (100)                       | 8 (88.9)                      | 11 (91.7)                  | 34 (94.4)             |
|                                                                                | ! Necessary: needs modification | 0 (0)                         | 1 (11.1)                      | 1 (8.3)                   | 2 (5.6)               |
| Planner Section                                                                 | Response option                      | Group                                                   |
|--------------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
|                                                                                | Current program planners n (%)       | Future program planners n (%)                          | Past program planners n (%) | All participants n (%) |
| Celebrate the launch                                                           | ✓ Necessary: keep as is              | 11 (73.3)                                              | 8 (88.9)                     | 10 (83.3)             | 29 (80.6) |
|                                                                                | ! Necessary: needs modification      | 3 (20.0)                                               | 0 (0)                        | 2 (16.7)              | 5 (13.9)  |
|                                                                                | ✗ Not necessary: remove              | 1 (6.7)                                                | 1 (11.1)                     | 0 (0)                 | 2 (5.6)    |
| Develop an evaluation plan; monitoring program delivery and use                 | ✓ Necessary: keep as is              | 12 (80.0)                                              | 7 (77.8)                     | 9 (75.0)              | 28 (77.8) |
|                                                                                | ! Necessary: needs modification      | 3 (20.0)                                               | 2 (22.2)                     | 3 (25.0)              | 8 (22.2)  |
|                                                                                | ✗ Not necessary: remove              | 0 (0)                                                  | 0 (0)                        | 0 (0)                 | 0 (0)      |
| Assess participant and program outcomes                                         | ✓ Necessary: keep as is              | 13 (86.7)                                              | 8 (88.9)                     | 9 (75.0)              | 30 (83.3) |
|                                                                                | ! Necessary: needs modification      | 2 (13.3)                                               | 1 (11.1)                     | 3 (25.0)              | 6 (16.7)  |
|                                                                                | ✗ Not necessary: remove              | 0 (0)                                                  | 0 (0)                        | 0 (0)                 | 0 (0)      |
| Ensure continued operation of the program and respond to change                 | ✓ Necessary: keep as is              | 14 (93.3)                                              | 8 (88.9)                     | 11 (91.7)             | 33 (91.7) |
|                                                                                | ! Necessary: needs modification      | 1 (6.7)                                                | 1 (11.1)                     | 1 (8.3)               | 3 (8.3)   |
|                                                                                | ✗ Not necessary: remove              | 0 (0)                                                  | 0 (0)                        | 0 (0)                 | 0 (0)      |

| Planner Tool / Resource                                                         | Response option                      | Group                                                   |
|--------------------------------------------------------------------------------|--------------------------------------|--------------------------------------------------------|
|                                                                                | Current program planners n (%)       | Future program planners n (%)                          | Past program planners n (%) | All Participants n (%) |
| Implementation Planning Roadmap                                                 | ✓ Necessary: keep as is              | 11 (73.3)                                              | 8 (88.9)                     | 12 (100)              | 31 (86.1) |
|                                                                                | ! Necessary: needs modification      | 4 (26.7)                                               | 1 (11.1)                     | 0 (0)                 | 5 (13.9)  |
|                                                                                | ✗ Not necessary: remove              | 0 (0)                                                  | 0 (0)                        | 0 (0)                 | 0 (0)      |
| Project Charter: Template                                                      | ✓ Necessary: keep as is              | 12 (80.0)                                              | 7 (77.8)                     | 12 (100)              | 31 (86.1) |
|                                                                                | ! Necessary: needs modification      | 3 (20.0)                                               | 1 (11.1)                     | 0 (0)                 | 4 (11.1)  |
|                                                                                | ✗ Not necessary: remove              | 0 (0)                                                  | 1 (11.1)                     | 0 (0)                 | 1 (2.8)   |
| Declaration of Conflict of                                                      | ✓ Necessary: keep as is              | 14 (93.3)                                              | 8 (88.9)                     | 9 (75.0)              | 31 (86.1) |

Questionnaire data on Planner content and tools
| Planner Tool / Resource                          | Response option                              | Group                                           |
|-----------------------------------------------|----------------------------------------------|------------------------------------------------|
| Interest: Sample Disclosure                   | ![ Necessary: needs modification](1 (6.7))   | Current program planners n (%) Future program planners n (%) Past program planners n (%) All Participants n (%) |
| Community Scan: Worksheet                    | ![ Necessary: keep as is](11 (73.3))         | ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](10 (66.7)) ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](10 (66.7)) ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (60.0)) ![ Necessary: needs modification](5 (33.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](12 (80.0)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](14 (93.3)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](3 (20.0)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](13 (86.7)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](2 (22.2)) |
| Community/Environmental Readiness: Worksheet | ![ Necessary: keep as is](10 (66.7))         | ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](10 (66.7)) ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](10 (66.7)) ![ Necessary: needs modification](4 (26.7)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (60.0)) ![ Necessary: needs modification](5 (33.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](12 (80.0)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](14 (93.3)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](3 (20.0)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](13 (86.7)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](2 (22.2)) |
| Sample Questions to Assess Community Readiness | ![ Necessary: keep as is](9 (60.0))          | ![ Necessary: needs modification](5 (33.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (60.0)) ![ Necessary: needs modification](5 (33.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (60.0)) ![ Necessary: needs modification](5 (33.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) |
| Feasibility, Applicability, Acceptability: Checklist | ![ Necessary: keep as is](12 (80.0))         | ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](12 (80.0)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](12 (80.0)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) |
| Budget Planning Worksheet: Sample            | ![ Necessary: keep as is](14 (93.3))         | ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](14 (93.3)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](14 (93.3)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) |
| Preparing the Business Case                  | ![ Necessary: keep as is](11 (73.3))         | ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](2 (13.3)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](9 (100)) ![ Necessary: needs modification](0 (0)) ![ Not necessary: remove](0 (0)) |
| Implementation Work plan: Template           | ![ Necessary: keep as is](11 (73.3))         | ![ Necessary: needs modification](3 (20.0)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](3 (20.0)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](11 (73.3)) ![ Necessary: needs modification](3 (20.0)) ![ Not necessary: remove](1 (6.7)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](8 (88.9)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) |
| Identification of Barriers and Drivers: Template for | ![ Necessary: keep as is](13 (86.7))         | ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](2 (22.2)) | ![ Necessary: keep as is](13 (86.7)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](2 (22.2)) | ![ Necessary: keep as is](13 (86.7)) ![ Necessary: needs modification](1 (6.7)) ![ Not necessary: remove](2 (22.2)) | ![ Necessary: keep as is](7 (77.8)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](7 (77.8)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](7 (77.8)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](7 (77.8)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) | ![ Necessary: keep as is](7 (77.8)) ![ Necessary: needs modification](1 (11.1)) ![ Not necessary: remove](0 (0)) |
| Planner Tool / Resource | Response option | Group | Current program planners n (%) | Future program planners n (%) | Past program planners n (%) | All Participants n (%) |
|-------------------------|-----------------|-------|--------------------------------|--------------------------------|---------------------------|------------------------|
| Solution Building       | ✗ Not necessary: remove |       | 1 (6.7)                        | 0 (0)                          | 0 (0)                     | 1 (2.8)                |
| Medical Authorization: Fit for Function Program Sample | ✓ Necessary: keep as is |       | 14 (93.3)                      | 8 (88.9)                       | 12 (100)                  | 34 (94.4)              |
|                         | ! Necessary: needs modification |       | 1 (6.7)                        | 1 (11.1)                       | 0 (0)                     | 2 (5.6)                |
|                         | ✗ Not necessary: remove |       | 0 (0)                          | 0 (0)                          | 0 (0)                     | 0 (0)                  |
| Recreation Centre Readiness Checklist: TIME Program Sample | ✓ Necessary: keep as is |       | 14 (93.3)                      | 7 (77.8)                       | 12 (100)                  | 33 (91.7)              |
|                         | ! Necessary: needs modification |       | 0 (0)                          | 1 (11.1)                       | 0 (0)                     | 1 (2.8)                |
|                         | ✗ Not necessary: remove |       | 1 (6.7)                        | 1 (11.1)                       | 0 (0)                     | 2 (5.6)                |
| Participant Fitness Progress Log: Fit for Function excerpt | ✓ Necessary: keep as is |       | 12 (80.0)                      | 6 (66.7)                       | 11 (91.7)                 | 29 (80.6)              |
|                         | ! Necessary: needs modification |       | 2 (13.3)                       | 2 (22.2)                       | 1 (8.3)                   | 5 (13.9)               |
|                         | ✗ Not necessary: remove |       | 1 (6.7)                        | 1 (11.1)                       | 0 (0)                     | 2 (5.6)                |
| Program Sustainability Assessment Tool | ✓ Necessary: keep as is |       | 13 (86.7)                      | 7 (77.8)                       | 10 (83.3)                 | 30 (83.3)              |
|                         | ! Necessary: needs modification |       | 2 (13.3)                       | 2 (22.2)                       | 2 (16.7)                  | 6 (16.7)               |
|                         | ✗ Not necessary: remove |       | 0 (0)                          | 0 (0)                          | 0 (0)                     | 0 (0)                  |
| Glossary                | ✓ Necessary: keep as is |       | 15 (100)                       | 8 (88.9)                       | 12 (100)                  | 35 (97.2)              |
|                         | ! Necessary: needs modification |       | 0 (0)                          | 1 (11.1)                       | 0 (0)                     | 1 (2.8)                |
|                         | ✗ Not necessary: remove |       | 0 (0)                          | 0 (0)                          | 0 (0)                     | 0 (0)                  |
| Appendix: The Knowledge to Action Cycle | ✓ Necessary: keep as is |       | 8 (53.3)                       | 8 (88.9)                       | 11 (91.7)                 | 27 (75.0)              |
|                         | ! Necessary: needs modification |       | 4 (26.7)                       | 0 (0)                          | 0 (0)                     | 4 (11.1)               |
|                         | ✗ Not necessary: remove |       | 3 (20.0)                       | 1 (11.1)                       | 1 (8.3)                   | 5 (13.9)               |
| Appendix: Decision-Making | ✓ Necessary: keep as is |       | 10 (66.7)                      | 8 (88.9)                       | 9 (75.0)                  | 27 (75.0)              |
|                         | ! Necessary: needs modification |       | 2 (13.3)                       | 0 (0)                          | 0 (0)                     | 2 (5.6)                |
|                         | ✗ Not necessary: remove |       | 3 (20.0)                       | 1 (11.1)                       | 3 (25.0)                  | 7 (19.4)               |
| Appendix: FAME, Fit for Function, TIME | ✓ Necessary: keep as is |       | 12 (80.0)                      | 8 (88.9)                       | 12 (100)                  | 32 (88.9)              |
| Planner Tool / Resource | Response option                              | Group                                | All Participants n (%) |
|-------------------------|----------------------------------------------|--------------------------------------|------------------------|
|                         |                                              | Current program planners n (%)       | Future program planners n (%) | Past program planners n (%) |                                  |
| and HWE exercise program information | ! Necessary: needs modification | 3 (20.0) | 1 (11.1) | 0 (0) | 4 (11.1) |
|                         | ✗ Not necessary: remove                       | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| Appendix: Defining Indicators | ✓ Necessary: keep as is                      | 12 (80.0) | 8 (88.9) | 11 (91.7) | 31 (86.1) |
|                         | ! Necessary: needs modification              | 2 (13.3) | 0 (0) | 1 (8.3) | 3 (8.3) |
|                         | ✗ Not necessary: remove                       | 1 (6.7) | 1 (11.1) | 0 (0) | 2 (5.6) |
| *Appendix: Outcome Measures | ✓ Necessary: keep as is                      | 11 (91.7) | 8 (88.9) | 10 (83.3) | 29 (87.9) |
|                         | ! Necessary: needs modification              | 1 (8.3) | 1 (11.1) | 2 (16.7) | 4 (12.1) |
|                         | ✗ Not necessary: remove                       | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| **Appendix: Short Physical Performance Battery from FAME exercise program | ✓ Necessary: keep as is                      | 14 (100) | 7 (77.8) | 12 (100) | 33 (94.3) |
|                         | ! Necessary: needs modification              | 0 (0) | 2 (22.2) | 0 (0) | 2 (5.7) |
|                         | ✗ Not necessary: remove                       | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
| *Appendix: Sample Program Fidelity Checklists from FAME, Fit for Function, and TIME programs | ✓ Necessary: keep as is                      | 11 (91.7) | 8 (88.9) | 11 (91.7) | 30 (90.9) |
|                         | ! Necessary: needs modification              | 0 (0) | 1 (11.1) | 1 (8.3) | 2 (6.1) |
|                         | ✗ Not necessary: remove                       | 1 (8.3) | 0 (0) | 0 (0) | 1 (3.0) |
| **Bibliography | ✓ Necessary: keep as is                      | 14 (100) | 9 (100) | 12 (100) | 35 (100) |
|                         | ! Necessary: needs modification              | 0 (0) | 0 (0) | 0 (0) | 0 (0) |
|                         | ✗ Not necessary: remove                       | 0 (0) | 0 (0) | 0 (0) | 0 (0) |

* Data missing on 3 Current program planner participants due to completing an earlier version of the questionnaire
**Data missing on 1 Current program planner participant due to skipping the survey question