**Supplement 4 Additional questions Runfitcheck (T5 & T9)**

**RFC group (active and inactive approach)**

All questions are single response unless otherwise stated in question

[RFCbekeken]

Have you viewed or used the Runfitcheck website ([www.runfitcheck2.nl](http://www.runfitcheck2.nl)) in the past 4 months?

- Yes - on to question 2
- No – on to question 5

[RFCWatViews]

What parts of the website have you viewed or used? (multiple answers possible)

- Landing page
- Test for type of runner
- Warm-up exercises with videos
- Muscle strengthening exercises
- Knowledge test(s)
- Training Schedule
- Tips
- Other, namely

[RFCHoevaak]

How many times have you viewed or used the website?

- 1 time in total
- 1 time per month
- 1 time every 2 weeks
- 1 time per week
- Several times a week
- Otherwise....

[RFCDashboard]

Did you create a personal dashboard as a result of the determination test at the beginning?

- Yes – to end (or monitor where to build in T2)
- No – on to question 6

[RFCNee]

Why didn’t you view/use the Runfitcheck? (multiple answers possible)

- I’m using another running app/tool
- The website didn’t sound interesting
- I didn’t see the point of the website
- The first look at the website did not attract me
- No time
- Otherwise.....
Why didn't you create a personal dashboard?

I thought it was too much hassle
I didn't see the point of it
Otherwise.....

**Control group**

All questions: single response — unless otherwise stated

**[RFC known]**

Have you ever heard of the Runfitcheck?

Yes -> on to question 2
No -> on to next part of the question... monitor oid

**[RFCknownHow to]**

How did you hear about the Runfitcheck?

Google
Sociale Media
Friends / family / known person
Sporting event
Otherwise....

**[RFCbekeken]**

Have you used or viewed the Runfitcheck?

Yes -> on to question 4
No

**[RFCWatViews]**

Multiple response

What have you viewed or used from the Runfitcheck? (multiple answers possible)

Landing page
Test for type of runner
Warm-up exercises with videosMuscle strengthening exercises
Knowledge test(s)
Training ScheduleTips
Otherwise...

[ RFCHoevaak]

How many times have you viewed or used the website?

1 time in total
1 time per month
1 time every 2 weeks
1 time per week
Several times a week
Otherwise....