

Supplementary Table S1 Checklist for Reporting Results of Internet E-Surveys (CHERRIES)[1]

Item Category	Checklist Item ¹	Description
Design	Describe survey design	An open cross-sectional survey was used to examine subjective responses (i.e., exercise enjoyment and motivation) in High-Intensity Multimodal Training (HIMT). This survey also identified factors associated with HIMT that mediate these subjective responses. The target population was current and previous HIMT participants. A voluntary non-randomised convenience sample was recruited. Due to the large eligible population, sample randomization was not possible.
Ethics	Ethics approval	This study was approved by the Human Research Ethics Committee of the University of Technology Sydney (ETH21-6154).
	Informed consent	The survey was voluntary and anonymous. Therefore, consent was deemed as given by commencing the online survey. The recruitment flyer and associated blurb included information about the voluntary/anonymous nature of the survey. This flyer also included an email address and website that participants could access for further information regarding the purpose of the study, informed consent process, identity and qualifications of investigators etc.
	Data protection	REDCap (Research Electronic Data Capture software, version 11.1.10 University of Technology Sydney, Sydney Australia), a secure web application as used to develop and manage this survey. As the survey was anonymous, no personal information was linked to the results. Data did not require de-identification as the survey did not include identifiable questions. The dataset was stored on password protected computers.
Development and pre-testing	Development and testing	The survey was developed by the authors cooperatively with a multidisciplinary team of experts in psychology in sport and exercise. Content validity and reduced response bias were ensured through convenience sample piloting with both current HIMT participants and previous HIMT participants. Feedback was used to improve the content, readability and quality of the survey. The authors then completed a heuristic evaluation to ensure usability of the survey software on various devices (PC, Macintosh, iPhone and Android). The final survey comprised of 124 fields, with 4 sections: (1) demographic information, (2) participation information, (3) exercise enjoyment (validated 18-item Physical Activity Enjoyment Scale (PACES)) and (4) exercise motivation (Supplementary Table S3.2). The PACES asks participants to rate "how you feel at the moment about the physical activity you have been doing" using a 7 point bipolar Likert scale from 1 (I enjoy it) to 7 (I hate it). This survey modified this introductory statement to ask current HIMT participants to "think back to your most recent HIMT session. Please rate how you felt in the moment immediately after the physical activity that you were doing". Within the PACES, 11 items were negatively worded, the remaining 7 were positively worded. Exercise enjoyment levels were measured in current HIMT participants only to reduce recall bias. The survey consisted of both dichotomous questions and open ended questions.
Recruitment process and description of the sample having access to the questionnaire	Open survey versus closed survey	This was an open survey.
	Contact mode	Not applicable. Potential applicants were not contacted.
	Advertising the survey	Survey recruitment was primarily achieved through flyer distribution via social media and email. The recruitment flyer was posted with a link to the online survey on Twitter, LinkedIn, Facebook and Instagram. Relevant HIMT companies and organisations were contacted via email with information regarding survey participation. These companies and organisations were identified as relevant by the authors if they provided HIMT services as defined in the eligibility criteria outlined on the recruitment flyer. The advertisement was shared by industry contacts approximately 30 times across all social media networks. To avoid voluntary response bias, the terms enjoyment and motivation were not used in the survey flyer or until section (3) of the survey. This reduced the likelihood that the sample would overrepresent individuals who demonstrate strong opinions on the subject.
Survey administration	Web/E-mail	This was a web-based survey, with respondents recruited through social media advertisement. Responses were collected via the secure online survey platform REDCap and stored on secure local servers. Responses included open-ended, multiple choice, ranking and response scales.
	Context	The survey recruitment flyer was shared among online and industry communities on Twitter, LinkedIn, Facebook and Instagram. Relevant HIMT companies and organisations were contacted via email. Therefore, the survey would have likely only captured individuals active on social media or affiliated with relevant companies contacted. However, this would likely not contribute to response bias. Wording of the survey recruitment flyer was selected to purposely not include terms related to

		HIMT, exercise enjoyment or motivation to further reduce the likelihood of response bias.
	Mandatory/voluntary	Voluntary.
	Incentives	Respondents were not incentivized for their participation.
	Time/Date	Responses were collected over two months from 8 August to 29 September 2021.
	Randomization of items	No randomization of items was used.
	Adaptive questioning	Adaptive questioning (branched logic) was used throughout the survey to reduce the number and complexity of questions. Certain questions were only relevant to specific populations (e.g., current HIMT participants vs. previous HIMT participants) or based on responses to previous questions (e.g., levels of enjoyment and motivation).
	Number of Items	The complete survey consisted of 124 items. Due to the adaptive nature of the survey not all respondents answered all items.
	Number of screens	The entire survey was distributed over 9 pages.
	Completeness check	A completeness check was completed after responses were submitted. Participation information on page 2 was mandatory. Additionally, page 3 (PACES) was mandatory for current HIMT participants. Most items except demographic questions and those required for adaptive questioning included an 'other' option.
	Review step	Respondents were able to change their responses on previous screens through a 'previous page' button whilst completing the survey. However, respondents were unable to change responses after submission.
Response rates	Unique site visitor	Not applicable. Open survey.
	View rate (Ratio of unique survey visitors/unique site visitors)	762 online survey views.
	Participation rate (Ratio of unique visitors who agreed to participate/unique first survey page visitors)	Not applicable. Open survey.
	Completion rate (Ratio of users who finished the survey/users who agreed to participate)	Of the 761 respondents who commenced the survey, 469 completed it, giving a completion rate of 61.63%. 292 responded were excluded due to eligibility criteria.
Preventing multiple entries from the same individual	Cookies used	Not used.
	IP check	Not used.
	Log file analysis	Not used.
	Registration	Not used.
Analysis	Handling of incomplete questionnaires	Only responses completed by clicking submit on the final page of the survey were included in the data set.
	Questionnaires submitted with an atypical timestamp	No respondents were removed from the data set for atypical completion times.
	Statistical correction	No methods including weighting of items or propensity scores were used to adjust for the non-representative sample.

Abbreviations: CHERRIES : Checklist for Reporting Results of Internet E-Surveys; HIMT : High-Intensity Multimodal Training; PACES : Physical Activity Enjoyment Scale; REDCap : Research Electronic Data Capture software

References:

1. Eysenbach, G. (2004). Improving the Quality of Web Surveys: The Checklist for Reporting Results of Internet E-Surveys (CHERRIES). *Journal of Medical Internet Research* 6(3), e34. doi: 10.2196/jmir.6.3.e34.