

### Supplementary Material 3: Child and Caregiver Interview Guide

Note: Child- and caregiver-specific versions of the interview guide that are tailored to each participant and that use similar questions as those shown below will be used, where applicable. In the version presented, the child will be asked questions first, with caregivers given the opportunity to add comments following their child's responses (unless otherwise specified).

#### Part 1: Bootle Boot Camp Play Experience

1. Tell me about the **home exercise programs** that you usually do outside of this program.
2. Tell me about your **experiences using Bootle Boot Camp** to complete your home exercise program.
3. How does using Bootle Boot Camp **compare** to the usual way you do exercises or therapy at home?

#### Part 2: Engagement Framework

1. What **hopes** did you have for using Bootle Boot Camp?

CAREGIVER: What **hopes** did you have for your child using Bootle Boot Camp?

CAREGIVER: Did you feel playing Bootle Boot Camp would be **valuable** for your child? Why or why not?

2. How did you **feel** about playing Bootle Boot Camp? Why did you feel this way?
3. Did you **like getting feedback** on the way you performed your exercises? Why or why not?

CAREGIVER: How do you think the movement feedback from Coach Botley impacted your **child's feelings and experiences** playing Bootle Boot Camp?

CAREGIVER: What did you **like** and **not like** about the movement feedback given to your child by Coach Botley? Why is that?

4. Would you have liked to get **feedback** on your exercise performance **in a different way**?
5. Did your **level of excitement**/wanting to play Bootle Boot Camp change over the 6 weeks? If so, how did it change?

CAREGIVER: Did you notice any changes to your child's **level of engagement** during the study period? If so, can you explain these changes?

6. How did you feel about your ability to **exercise and be active** using **Bootle Boot Camp**?
7. Did the feedback **affect your confidence with exercising**? If yes, how so?

CAREGIVER: Did you feel **confident** in your ability to support your child's home use of Bootle Boot Camp? Why or why not?

CAREGIVER: Were four exercise sessions manageable for you and your child's schedule? Why or why not?

8. Did you **expect to see changes** in yourself or your body after using Bootle Boot Camp? Why or why not?

CAREGIVER: Did you **expect to see changes** in your child or your child's body after using Bootle Boot Camp?

CAREGIVER: Did you think that Bootle Boot Camp would be **useful for your child to achieve their goals**? Why or why not?

9. Did you **see any changes** in yourself or your body after using the app for 6 weeks? What were those changes, if any?

CAREGIVER: Did you **see any changes** in your child or your child's body after using the app for 6 weeks? What were those changes, if any?

10. Do you think the exercise feedback **changed your exercise performance**?

CAREGIVER: Did Botley's movement feedback impact your **child's exercise performance**? If so, how?

11. Do you feel Coach Botley was **needed** to help you perform the exercises to the best of your abilities? Why or why not?
12. How did the **feedback from Botley compare to the feedback your physiotherapist might give you** during a regular therapy session?
13. How did you **feel not being able to contact your physiotherapist** while using Bootle Boot Camp?

CAREGIVER: Which version of the app did you **prefer**? Why?

### Part 3: Survey Results

1. In the survey, you indicated that the [Feedback/No feedback/Both] version was the **most fun to play**. Can you tell me more about why you chose this?
2. In the survey, you reported that [Feedback/No Feedback/Both] version made you feel the **most confident** that you could do the exercises well. Can you tell me more about why you chose this?
3. In the survey, you indicated that the [Feedback/No feedback/Both] version **helped your body the most**. Can you tell me more about why you chose this?
4. In the survey, you stated that [Feedback/No Feedback/Both] version **helped you try and reach your goals** the most. Can you tell me more about why you chose this?

CAREGIVER: Based on the rating scales, you gave the Bootle Boot Camp app without feedback an **X star rating** and the version with movement feedback an **X star rating**. Tell me more about why you gave each version of the app these ratings?

### Part 4: Future Use

1. What changes should be made to the Bootle Boot Camp app to make it better for kids to use in the future?
2. What information would you want Bootle Boot Camp to track? What information would you want to be able to see, have your parents see, your physiotherapist?

CAREGIVER: What **information or training** do you think would have been beneficial for you to have to support your child's use of Bootle Boot Camp within the home? How would you like to receive this information or training (e.g., in person training session with physiotherapist, training session with game developers or technical support team, instructions manual, etc.)

CAREGIVER: What **supports** do you think are necessary for Bootle Boot Camp to be used in the home?