

Supplementary table 1. Outcome measures and patient demographics		
FEASIBILITY OUTCOMES		
Outcomes	Instruments	Timing of measurement
Recruitment*	Number of screened, eligible, and included patients	Screening, Baseline
End date of rehabilitation program	Registered by assessor	Baseline
Accelerometer data completeness*	Number of completing participants with sufficient data	Baseline, 3 months
Response rate on patient reported outcomes*	Number of participants returning patient reported outcomes	Baseline, 3 months
Start/end date of participation	Registered by assessor	Baseline, 3 months
Time spent on starting the intervention (creation of action plans, setting up texts)	Registered by assessor	Baseline
Attrition/retention*	Number of withdrawals, reasons for withdrawal	Continuous, 3 months
Coordinator time spent, minutes per participant throughout the intervention*	Registered by coordinator	Continuous
Response rate (adherence) to weekly follow-up messages (Message 2, Figure 4)*	Number of times responded to messages, number of messages sent	Continuous
Response rate on follow-up messages asking about contact (Figure 4)	Number of times responded, number of messages sent	Continuous
Coordinator actions	Registered by coordinator: number of times receiving phone call from coordinator; actions taken by coordinator	Continuous
Acceptability of text message component*	Single item: "Would you participate in a project with weekly text messages again if given the chance to do over?"	3 months
CLINICALLY ASSESSED OUTCOMES (planned RCT outcomes)		
Outcomes	Instruments	Timing of measurement
Height	Stadiometer	Baseline
Moderate-to-vigorous physical activity (min/week)	Accelerometer	Baseline, 3 months
Total physical activity (MET-minutes/week)	Accelerometer	Baseline, 3 months
Moderate-intensity physical activity (min/week)	Accelerometer	Baseline, 3 months
Vigorous-intensity physical activity (min/week)	Accelerometer	Baseline, 3 months
Light-intensity physical activity (min/week)	Accelerometer	Baseline, 3 months
Sedentary time (min/day)	Accelerometer	Baseline, 3 months
Meeting recommendations for physical activity (yes/no)	Accelerometer	Baseline, 3 months

Physical function	6 Minute Walking Test; 30-second sit-to-stand test	Baseline, 3 months
Weight	Scales	Baseline, 3 months
PATIENT-REPORTED OUTCOMES (planned RCT outcomes)		
Outcomes	Instruments	Timing of measurement
Self-reported physical activity	International Physical Activity Questionnaire (IPAQ)	Baseline, 3 months
Health-related quality of life	EQ-5D-5L; HeartQOL	Baseline, 3 months
Comorbidity	Disease Burden: Morbidity Assessment by Self-Report	Baseline, 3 months
Anxiety and depression	Hospital Anxiety and Depression Scale (HADS)	Baseline, 3 months
Physical function, self-reported	WHODAS 2.0 12-item version	Baseline, 3 months
Self-efficacy of managing chronic disease	6-item scale	Baseline, 3 months
Importance of being physically active	Purpose-designed item(s)	Baseline, 3 months
Motivational self-efficacy	2-item questionnaire, HAPA (40)	Baseline, 3 months
Coping self-efficacy	2-item questionnaire, HAPA (40)	Baseline, 3 months
Recovery self-efficacy	2-item questionnaire, HAPA (40)	Baseline, 3 months
Perceived COVID limitations to physical activity	Purpose-designed item(s)	3 months
Participant experience/satisfaction	Purpose-designed item(s)	3 months
Other treatment during intervention period: rehabilitation; exercise; physical activity	Purpose-designed item(s)	3 months
Types of physical activities undertaken	Purpose-designed item(s)	3 months
Frequency reading text messages	Purpose-designed item(s)	3 months
Hospitalization; Cause of hospitalization; Hospital contacts	Purpose-designed item(s)	3 months
PATIENT CHARACTERISTICS AND OTHER OUTCOMES		
Outcomes	Instruments	Timing of measurement
Eligibility criteria	Registered by an assessor through records, clinical staff, and asking the patient	Screening
Age	Registered by an assessor	Screening
Gender	Registered by an assessor	Baseline
CVD-related diagnoses	Registered by an assessor through records, clinical staff, and asking the patient	Baseline
Heart-related procedures	Registered by an assessor through records, clinical staff, and asking the patient	Baseline

Number of exercise sessions attended during rehabilitation prior to study participation	Registered by an assessor through records, clinical staff, and asking the patient	Baseline
Smoking	Patient-reported	Baseline
Civil status	Patient-reported	Baseline
Employment status	Patient-reported	Baseline
Education	Patient-reported	Baseline
Place of residence: city or countryside	Patient-reported	Baseline
Prior exercise and physical activity habits	Patient-reported	Baseline
Use of walking aid	Patient-reported	Baseline
Physical disabilities	Patient-reported	Baseline
New Your Heart Association (NYHA) Classification	Patient-reported	Baseline
Medication usage	Patient-reported	Baseline
All-cause mortality	Registered by clinical staff	3 months
*Outcome used in the progression criteria		