

**Supplementary Table 1: Comparison between recorded attendances between using swipe card and gym key and the computed corrected attendance data**

Participant	Card	Key	Number of dissonances between key and card	Attendances missed by Card	Attendances missed by Key	New attendance variable combining key and card
1	6	9	3	3	0	9
2	22	16	9	2	7	24
3	5	2	3	0	3	5
4	4	2	2	0	2	4
5	2	3	1	1	0	3
6	10	10	0	0	0	10
8	16	14	2	0	2	16
9	0	0				0
10	9	9	0	0	0	9
12	0	0				0
13	2	0	2	0	2	2
14	6	2	6	1	5	7
15	12	13	3	2	1	14
17	1	1	0	0	0	1
18	7	7	0	0	0	7
19	1	4	3	3	0	4
20	0	0				0

**Supplementary Table 2: Gym attendance data; comparison by data source**

Variables	Males N=12		Females N=5		Total N=17	
	Mean (SD)	Range	Mean (SD)	Range	Mean (SD)	Range
Total attendance-Verbal	11.6 (9.3)	1-28	6.6 (6.9)	0-17	10.1 (8.8)	0-28
Total attendance-Card	0.5 (6.6)	71-22	2.6 (3.6)	0-7	6.1 (6.2)	0-22
Total attendance-Key	6.3 (5.7)	0-16	3.2 (4.4)	0-9	5.4 (5.4)	0-16

**Supplementary Table 3: Exercise referral instructors' details**

<b>Instructor Number</b>	<b>Gender</b>	<b>How long been an instructor (years)</b>	<b>Amount of GP referral work (percentage of workload)</b>	<b>Number of clients inducted</b>
1	Female	15	80	1
2	Male	16	12	3
3	Male	12	50	3
4	Female	20	50	5
5	Male	7	10 (only recently passed the course)	1
6	Female	12	50	1
7	Male	6	10 (started doing them in January 2012)	2