

Supplementary file 1 - Phase 1 and Phase 2 coaching structures			
Coaching delivery - Study phase 1			
Week	Session	Coaching phase	Coaching guidelines
W1	Baseline assessment	<i>No coaching</i>	
W2	Coaching session 1	Onboarding	Introduction to OnTrack / purpose, value, practical issues
W3	Coaching session 2	Problem solving	Encouraging people to discuss areas where they struggle, then facilitate coming up with ideas and strategies around problems faced during daily life situations.
W4			
W5	Coaching session 3	Self-discovery	Finding out new ways of doing things, trying out different activities, so that any attempt to try and find a new way around something is seen as a positive.
W6			
W7	Coaching session 4	Goal setting	Working with participants to identify, plan and execute steps towards a goal regardless of size and ambition. The aim is to help participants learn and get comfortable with this process under their terms. Outcome measure collection.
W8	Halfway assessment		
W9			
W10	Coaching session 5	Reflection	Looking back at achievements and failures to understand what worked and what didn't in order to adjust if necessary and look forward to where they want to be.
W11			
W12	Coaching session 6	Signposting	Using goals and aspirations to help participants create links that encourage social participation, community integration and/or peer support.
W13			
W14	Final assessment	<i>No coaching</i>	
Coaching delivery - Study phase 2			
Week	Session	Coaching phase	Coaching guidelines
W1	Baseline assessment	<i>No coaching</i>	Initial contact; conversation about participant's background and present situation.
W2	Coaching session 1	Introduction	Focus on creating a habit of using OnTrack and charging devices. Setting the scene for coaching.
W3	Coaching session 2	OnTrack coaching	In-depth conversations about participants' aspirations and what's important to them. Discussion to assess participants' understanding of stroke and rehab mechanisms, identify topics of curiosity, signpost as necessary. Use of self-management principles (Problem Solving, Self-
W4			
W5	Coaching session 3		

W6			discovery, Goal Setting, and Reflection) and rehab guidelines to focus conversations towards reaching an agreed activity plan (however small). Make connections between activity performed and data recorded.
W7	Halfway assessment		
W8			
W9	Coaching session 4		
W10			
W11	Coaching session 5		
W12			
W13	Coaching session 6	Signposting	Signpost to relevant resources that can be accessed by participants going forward.
W14	Final assessment	<i>No coaching</i>	Closure; last query to ensure participants feel confident to continue their rehab on their own.