**Additional File 1 – FOCUS GROUP TOPIC GUIDE**

This focus group topic guide contains a broad outline of the topics to be covered, with suggestions for further questions and prompts to be made if appropriate.

* Introduction - Welcome and introduce the researcher
* Explain the general purpose of the discussion
* Explain the presence and purpose of recording equipment
* Address the issue of confidentiality
* Sign consent forms immediately before the focus group beginning

Around the table participants will be asked to give their first name, educational level and work designations and say:

* If they are pregnant (weeks) or have a young child (age of the child in months)
* If they are or have been physically active in the last 6 months and more, details about the type and intensity of their physical activity

The following cue questions will be used appropriately only when the discussion does not yield any information regarding the expected theme:

1. To explore the theme "Pre-pregnant PA levels"
* How active where you before getting pregnant?
* What is your opinion on any PA guidelines/recommendations that you are aware of?
* If you have already delivered, can you elaborate on the differences in your pre-pregnancy and pregnancy PA levels?
* In general what motivated you to be physically active?
1. To explore "Beliefs about PA during pregnancy and early motherhood"
* What do you think about physical activity during and after pregnancy and what and from whom have you heard about it?
* Are there any concerns you have about being physically active during pregnancy?
1. To explore "PA during pregnancy and early motherhood"
* Tell me about your PA during pregnancy and after childbirth. Did you continue in the same way? If not, what did you change and why?
* How frequent and how long do you do these activities?
* What type of physical activity have you not been able to do?
* What do you feel about meeting your goals in terms of PA frequency or intensity?
* Why do you think you could not do those type of PA?
1. To explore "Facilitators for PA during pregnancy and early motherhood"
* In an ideal world if money/access/childcare was no object and you could do whatever type of activity you wanted to do what would it be?
* What specific type of activity would motivate you to do during your pregnancy and after delivery
* How frequent and intense do you think these activities should be done during your pregnancy and postpartum period?
* What do you think helps you to maintain your physical activity during pregnancy and postpartum period?
* Where and how do you think those interventions should be made available for you to actively participate?
1. To identify "if they could participate in the intervention piloting"
* Would you be interested in piloting a specially designed physical activity programme for pregnant women?
* What do you think will be the best way to reach out to more pregnant women/early mothers with regards to PA intervention?
* Will you be comfortable wearing specific devices, perform fitness tests and fill-in questionnaires as part of developing a PA to pregnant women/early mothers?

Thank and explain participants on how the researcher will stay in touch with them on the research findings and further actions during the project.

Contextual notes will be made throughout the focus group session that will help the researcher while transcribing the audio file.

Within 24 hours of the focus group, the contextual notes will be cleaned and completed into proper reflection notes.