**Table 1A – SCHEDULE OF OBSERVATIONS AND PROCEDURES – PRIMARY SURGICAL PATHWAY**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pre surgery** | | | |  | **Post surgery** | | | | | | | | |
| **Screening** | **Baseline (Day 1)** | **Repeat visitc** | **Prior to surgery** | **SURGERY** | **Day 3** | **Day 5** | **Day 7** | **Day 15** | **Day 30** | **Week 6** | **Week 12** | **6 Months** | **12 Months** |
| Informed Consent | **X**$ | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Inclusion /Exclusion Criteria | **X** | **Xb** | **Xc** | **Xb** |  |  |  |  |  |  | **Xb** | **Xb** |  |  |
| Medical History and Recovery Package documentation \* |  | **X** |  |  |  |  |  |  |  |  | **X** |  | **X** |  |
| Safety Pre-CPET Observations b | **X** | **X** | **Xc** | **X** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Demographics |  | **X^** |  |  |  |  |  |  |  |  |  |  |  |  |
| Radiological Cancer Staging\* |  | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Performance Status | **X\*** | **X^** | **Xc** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Concomitant medications | **X\*** | **X^** | **Xc** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Adverse Events a | **X** | **X** | **Xc** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Cardiopulmonary Exercise Test (CPET) b | **X** |  | **Xc** | **X** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Core Nutrition Assessments\* +/- nutritional intervention |  | **X** | **Xc** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Trial blood tests (prior to CPET) |  | **X+** | **Xc** | **X+** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Bioelectrical Impedance Analysis |  | **Xc** | **Xc** | **Xc** |  |  |  |  |  |  | **Xc** | **Xc** |  |  |
| Physical Activity Monitoring |  | **Xc** |  |  |  |  |  |  |  |  |  | **Xc** |  | **Xc** |
| CT download for sarco-cachexia assessment\* |  | **X** |  |  |  |  |  |  |  |  |  |  |  | **X** |
| Disability free survival (WHODAS) |  | **X^** |  | **X** |  |  |  |  |  | **X** |  | **X** |  | **X** |
| Godin Leisure Time and Exercise questionnaire |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| EQ-5D (quality of life) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| EORTC-QLQ C30 (cancer specific quality of life) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Self-efficacy to self-manage chronic disease - LORIG |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Patient Activation Measure (PAM) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Anxiety and depressions (HADS) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Post-operative morbidity survey\* |  |  |  |  |  | **X** | **X** | **X** | **X** |  |  |  |  |  |
| Clavien-Dindo-Demartines Score\* |  |  |  |  |  | **At discharge** | | | | | | | | |
| Tumour biopsy\*# | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |  |
| Telephone consultation – long-term exercise pland |  |  |  |  |  |  |  |  |  |  |  | **X** | **X** |  |
| Histopathology outcomes\* | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |  |
| Overall Survival |  |  |  |  |  |  |  |  |  |  |  |  |  | **X** |

$ Screening consent not applicable to patients undergoing CPET as a routine clinical test

a Adverse Events that occur during or in the 30 minutes after any study procedures should be recorded, causality assigned, and followed up until resolution or until they improve to Grade 1

b Review contraindications to CPET. (38)

c Included but not restrictive to depending on availability at the site

dPersonal trainers to call patients receiving exercise intervention (groups 2 and 4)

+ Sub group of patients at selected sites

\*Collected and delivered as part of standard clinical care

^If not collected as part of standard clinical care

# Data collection and analysis as part of other clinical trials

An event listed as a contraindication to CPET, which occurs in the intervention period, should result in a pause of exercise intervention. The patient will require a CPET before resuming exercise. This CPET must be reviewed by a senior clinician.

**Table 1B – SCHEDULE OF OBSERVATIONS AND PROCEDURES – NEOADJUVANT CANCER TREATMENT PATHWAY**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Pre surgery** | | | |  | **Post surgery** | | | | | | | | |
| **Screening** | **Baseline** | **1 per month during cancer therapies** | **Prior to surgery** | **SURGERY** | **Day 3** | **Day 5** | **Day 7** | **Day 15** | **Day 30** | **Week 6** | **Week 12** | **6 Months** | **12 Months** |
| Informed Consent | **X**$ | **X** |  |  |  |  |  |  |  |  |  |  |  |  |
| Inclusion /Exclusion Criteria | **X** | **Xb** | **Xb** | **Xb** |  |  |  |  |  |  | **Xb** | **Xb** |  |  |
| Medical History and Recovery Package documentation\* |  | **X** |  |  |  |  |  |  |  |  | **X** |  | **X** |  |
| Safety Pre-CPET Observations **b** | **X** | **X** | **X** | **X** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Demographics | **X\*** | **X^** |  |  |  |  |  |  |  |  |  |  |  |  |
| Radiological Cancer Staging/ Restaging\* |  | **X** |  | **X** |  |  |  |  |  |  |  |  |  |  |
| Performance Status (WHO/ECOG) | **X\*** | **X^** | **X** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Concomitant medications | **X\*** | **X^** | **X** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Adverse Eventsa | **X** | **X** | **X** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Cardiopulmonary Exercise Test (CPET) | **X** |  | **XC** | **X** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Blood tests (prior to CPET) | **X+** |  |  | **X+** |  |  |  |  |  |  | **X+** | **X+** |  |  |
| Bioelectrical Impedance Analysis |  | **Xc** | **Xc** | **Xc** |  |  |  |  |  |  | **Xc** | **Xc** |  |  |
| Core Nutrition Assessments\* +/- nutritional intervention |  | **X** | **X** | **X** |  |  |  |  |  |  | **X** | **X** |  |  |
| Physical Activity Monitoring |  | **Xc** | **Xc** |  |  |  |  |  |  |  |  | **Xc** |  | **Xc** |
| CT download for sarco-cachexia assessment \* |  | **X** |  | **X** |  |  |  |  |  |  |  |  |  | **X** |
| Disability free survival (WHODAS) | **X\*** | **X^** |  | **X** |  |  |  |  |  | **X** |  | **X** |  | **X** |
| EQ5D (quality of life) |  | **X** |  | **x** |  |  |  |  |  |  |  | **X** |  | **X** |
| EORTC-QLQ C30 (cancer specific quality of life) |  | **X** |  | **x** |  |  |  |  |  |  |  | **X** |  | **X** |
| Self-efficacy to self-manage chronic disease |  | **X** |  | **x** |  |  |  |  |  |  |  | **X** |  | **X** |
| Patient Activation Measure (PAM) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Godin Leisure Time and Exercice questionnaire |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Anxiety and depressions (HADS) |  | **X** |  | **X** |  |  |  |  |  |  |  | **X** |  | **X** |
| Tumour biopsy\*# | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |  |
| Post-operative morbidity survey\* |  |  |  |  |  | **X** | **X** | **X** | **X** |  |  |  |  |  |
| Clavien-Dindo-Demartines Score \* |  |  |  |  |  | **At discharge** | | | | | | | | |
| Histopathology outcomes\* | **X** |  |  |  | **X** |  |  |  |  |  |  |  |  |  |
| Telephone consultation – long-term exercise pland |  |  |  |  |  |  |  |  |  |  |  | **X** | **X** |  |
| Overall Survival |  |  |  |  |  |  |  |  |  |  |  |  |  | **X** |

$ Screening consent not applicable to patients undergoing CPET as a routine clinical test

a Adverse Events that occur during or in the 30 minutes after any study procedures should be recorded, causality assigned, and followed up until resolution or until they improve to Grade 1

b Review contraindications to CPET. (38).

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\* Collected and delivered as part of standard clinical care

^If not collected as part of standard clinical care

# Data collected and analysis as part of other clinical trials

An event listed as a contraindication to CPET, which occurs in the intervention period, should result in a pause of exercise intervention. The patient will require a CPET before resuming exercise. This CPET must be reviewed by a senior clinician.

**Observations listed as being collected as ‘one per month during cancer treatment’ will start 30 days (+/- 3 days) after their first CPET test and at 30-days (+/- 3 days) thereafter, depending on availability at site. This test will be used to adjust the subsequent training intensities.**