

**Appendix Table: Formulas for the Six Additional Non-Exercise Equations Included in the Analysis of Change in Estimated vs Measured CRF over 24 Weeks**

Reference	Equation
Jackson et al, 1990 (13)	$eCRF = 56.363 - (0.381*age) - (0.754*BMI) + (1.921*PA \text{ score } 0-7) + (10.987*sex; \text{ male}=1, \text{ female}=0)$
Whaley et al, 1995 (14)	$eCRF = 64.62 - (0.339*age) - (0.601*BMI) - (0.143*RHR) + (2.069*PA \text{ score } 1-6) + (9.006*sex, \text{ male}=1, \text{ female}=0) - (0.409*smoking \text{ 1-8})$
Matthews et al, 1999 (15)	$eCRF = 34.142 + (0.133*age) - (0.005*age^2) - (0.254*weight) + (9.170*height) + (1.463*PA \text{ score } 0-7) + (11.403*sex, \text{ male}=1, \text{ female}=0)$
Wier et al, 2006 (16)	$eCRF = 59.416 - (0.327*age) - (0.266*WC) + (1.297*PA \text{ score } 0-10) + (11.488*sex, \text{ male}=1, \text{ female}=0)$
Jurca et al, 2005 (17)	$eCRF = 18.81 - (0.08*age) - (0.17*BMI) - (0.05*RHR) + (0.81*PA1) + (1.17*PA2) + (2.16*PA3) + (3.05*PA4) + (2.49*sex, \text{ male}=1, \text{ female}=0)$
Jackson et al, 2012 (5)	$eCRF (\text{women}) = 14.5493 - (0.1136*age) - (0.0016*age^2) - (0.1500*BMI) - (0.0088*WC) - (0.0359*RHR) + (0.2091*PA1) + (0.2275*PA2) + (0.7021*PA3) + (1.007*PA4) - (0.3005*smoking; \text{ yes}=1, \text{ no}=0)$  $eCRF (\text{men}) = 20.8013 - (0.1610*age) - (0.0022*age^2) - (0.2240*BMI) - (0.0334*WC) - (0.0375*RHR) + (0.2163*PA1) + (0.3447*PA2) + (0.7877*PA3) + (1.1961*PA4) - (0.4306*smoking; \text{ yes}=1, \text{ no}=0)$