

Appendix A

Additional information collected by exercise scientists after downloading each app

What all does the app have or include (does it have videos, pictures, modifications)?

Does it have set plans or programs?

Is it tailored by trimester or week of pregnancy/postpartum?

Is it tailored to the individual (weight status, exercise status)?

Does it monitor any symptoms for safety?

Does it have a social forum?

Does it track weight and activity levels?

Does it have goal setting based on ACSM/ACOG guidelines (150min/week)?

Does it appear to be designed or have expertly designed content?

Are there educational components?

Does it give the user autonomy to pick workouts or pick what activities they do?

