**S1 Appendix. Interview guide**

* Warming up/informal conversation
* Explanation goal interview and introduction interviewer
* Informed consent (audio taping and use of data)
* Questionnaire personal details
* Explanation definition of physical activity

*Semi-structured interview*

* Can you describe how physically active you are during a regular day? (Job/commuting activities/ sports/ occupational activities)
* Are you satisfied with your current activity level? And if not, what would you like to change?
* Do you experience barriers to be physically active or to become more physically active?
* Were there any restrictions given by the medical doctor or the physical therapist in what you could do after your organ transplantation?
* Do you experience anxiety or restraint to perform certain activities, and if so, which activities and why?
* What motivates you to be physically active or to become more physically active?
* How did the organ transplantation influence your ability to be physically active?
* What could increase your participation in physical activity or sports?

*Closing question*

* Do you want to add something or did we miss something you did want to mention related to the topic of the interview?

*Examples of probe questions*

* Can you give an example? Could you explain that in more detail? How?