

Supplementary table 1. Self-developed questionnaire adapted from the PPAQ (Chasan-Taber et al., 2004)

Participant ID.....	
SECTION 1: SOCIO-DEMOGRAPHICS	
1.	Age.....
2.	Relationship status
	(a) Single
	(b) Widowed
	(c) Married
	(d) Divorced
3.	Educational Level
	(a) Primary
	(b) JHS
	(c) SHS
	(d) Tertiary
4.	Occupation
	(a) Government staff
	(b) Private sector
	(c) Unemployed
	(d) Student
	(e) Trader
5.	Is your pregnancy planned
	(a) Yes
	(b) No
6.	Antenatal Care Type

(a) Private
(b) Public
7. Previous history of abortion
(a) Yes
(b) No
8. What stage of pregnancy are you in?
(a) First Trimester
(b) Second Trimester
(c) Third trimester
SECTION 2: KNOWLEDGE OF PHYSICAL ACTIVITY
1. Have you ever heard of physical activity during pregnancy
(a) Yes
(b) No
2. From where did you hear about physical activity during pregnancy?
(a) Health facility
(b) Media
(c) Friends
3. Does physical activity have a positive role in pregnancy?
(a) Yes
(b) No
4. Do you think physical activity can reduce pregnancy-related complications?
(a) Yes
(b) No
5. Do you recommend physical activity during pregnancy?
(a) Yes
(b) No
SECTION 3: PARTICIPATION IN PHYSICAL ACTIVITY

1. Do you partake in general cleaning?
(a) Yes
(b) No
2. Do you care for a child or an elderly person?
(a) Yes
(b) No
3. Do you go shopping in the market?
(a) Yes
(b) No
(a) 4. Do you partake in general kitchen activities
(b) No
5. Do you wash clothes by hand?
(a) Yes
(b) No
6. Do you organize your room or make your bed?
(a) Yes
(b) No
7. Do you move and lift light loads?
(a) Yes
(b) No
8. Do you scrub your bathroom
(a) Yes
(b) No
9. Do you go to work and perform your job tasks?
(a) Yes
(b) No
10. Do you perform antenatal exercises such as walking and stretching during your leisure time?

(a) Yes
(b) No
11. If your answer was No, which of the following is your barrier for not participating in antenatal exercise?
(a) Having no exercise habits
(b) Having no time
(c) Fear of miscarriage
12. Why is physical activity during pregnancy necessary?
(a) Promotes healthy pregnancy
(b) Facilitates delivery
(c) Reduces pregnancy-related complications