**1-Welcome and Introduction (10 min)**

The purpose of the project is to design a home-based resistance exercise programme through an affordable, smart and mobile solution for improving strength, mobility and physical condition. As the potential users of such a home exercise environment, we intend to engage with you to inform the process of the design.

This is the first session but we aim to conduct more sessions in the future. There is no need for you to feel you have to take part in our future sessions. But we want you to be aware that we may be inviting you to subsequent workshops in the future.

We would like to audio-record the session. They will be transcribed, but the material will be kept confidential, names will be removed from the transcripts, and identities will be anonymous in any reports. We would like any information shared in this group to be kept confidential – so that if people are mentioned by name, the information will not be passed on outside the group or the research team. You have received an information sheet about the project – are there any questions about your participation? If you are happy to continue with the group discussion, could you sign the Consent Forms? Or if you have already signed the consent form, are you still happy to proceed with your participation?

There are no right or wrong answers to the questions that we are asking and we would like to hear a range of opinions. Just bear in mind the need to have one person speaking at a time so we can hear it on the tape.

We hope to continue for 40 minutes, then 10 minutes break, and will carry on for another 40 minutes.

**2-Group discussion: Topic 1 (40 mins): (General questions about exercises, technology, their experience)**

1-How much you are familiar with using technologies in fitness and specifically for your daily physical activity? ….tell us about your personal experience, your favourites, your bad experience…

2- What do you think about home exercises?

3- How do you think home exercises assisted with technology could stay engaging, fun and motivating if you have to train often?

4- Do you think patients should train with real objects or virtual objects?

5- What kind of feedback do you like to receive?

6-Are you interested to check your progress over time? if yes, what is your method?

7- Which activities of daily living do you think are still difficult in the chronic phase of stroke?

**Refreshments (10 minutes)**

**3.1-Group discussion: Topic 2 (40 minutes): (More Focus on strengthening exercises, the use of any kind of device or equipment)**

From your previous experience in using fitness equipment at home or in gyms……

1-Which exercises or activities do you use to mobilise and strengthen your body? Tell us about your experience….. tell us a few exercise names or if you can show us them from the exercise chart….

2-How often do you use these exercises per week and what do you think about their benefits for your physical fitness?

3-Which limitations do you have in using such equipment at gyms or at home?

4- Tell us about your hand grip style on the affected side when using such equipment….can you hold a pen marker or a plastic cup with your affected hand so that we can take some pictures from your hand in action…..

**3.2-Envisioning exercise**

If you could design a meaningful solution for your rehabilitation at home, what would you to create?

• The meaningful solution that could improve the quality of my life would be ...

• The meaningful solution that could help me achieve my life goals would be...

• The meaningful solution that would make sense to me to live with my stroke would be ...