**Supplementary 1. Interview Questions**

**Introduction**

Today we will like to hear your experience and opinion on the matter of compensatory health belief. Compensatory Health Belief is the belief that an unhealthy behaviour can be compensated by a healthy behaviour. Research has shown that 3 in 4 of us often compensate ourselves with food in response to exercise, either before or after exercise. However, we are interested in your compensatory belief for your children.

**Questions…**

1. How do you feel about parents rewarding their child for being active or before going to be active?

* Do you endorse the idea of rewarding?
* What is the reason you do/don’t?

1b. (If they endorse) What are things that parents can reward their children with?

* Any reason for selecting these things?
* How about the use of snacks, such as sweets and chips, and sedentary activity, such as watch TV or play iPad?

For the purpose of our research, which of your child will you like to refer to?

* Age
* Daughter or Son

1. In reference to your child, have you rewarded him or her for being active or before he or she is going to be active?

* When was the last time you reward your child before he/she was active or for being active?
* What was the reason you reward your child, such as for recovery/to motivate/encourage?
* What did you reward your child with?
* What was the reason you pick that “thing” as a reward?

1. Is it common that you reward your child before or after his or her exercise?

* If yes, what do you usually reward him or her with?
* (if there is something specific) What is the reason for the use of that “thing” as a reward?
* How often do you offer reward?
* Do you think the use of reward has any effect on your child, such as their involvement in sports?

1. Has your child requested for rewards after you started to use it before or after exercise?
2. What do you think will happen if you were to stop rewarding your child?