

**Pubmed strategy:**

((("Exercise"[Mesh]) OR (((((((((((((((((((Physical Activity[Title/Abstract]) OR (Activities, Physical[Title/Abstract])) OR (Activity, Physical[Title/Abstract])) OR (Physical Activities[Title/Abstract])) OR (Exercise, Physical[Title/Abstract])) OR (Exercises, Physical[Title/Abstract])) OR (Physical Exercise[Title/Abstract])) OR (Physical Exercises[Title/Abstract])) OR (Acute Exercise[Title/Abstract])) OR (Acute Exercises[Title/Abstract])) OR (Exercise, Acute[Title/Abstract])) OR (Exercises, Acute[Title/Abstract])) OR (Exercise, Isometric[Title/Abstract])) OR (Exercises, Isometric[Title/Abstract])) OR (Isometric Exercises[Title/Abstract])) OR (Isometric Exercise[Title/Abstract])) OR (Exercise, Aerobic[Title/Abstract])) OR (Aerobic Exercise[Title/Abstract])) OR (Aerobic Exercises[Title/Abstract])) OR (Exercises, Aerobic[Title/Abstract])) OR (Exercise Training[Title/Abstract])) OR (Exercise Trainings[Title/Abstract])) OR (Training, Exercise[Title/Abstract])) OR (Trainings, Exercise[Title/Abstract])) AND ((("Planning Techniques"[Mesh]) OR (((((((((((((((Planning Technique[Title/Abstract]) OR (Technique, Planning[Title/Abstract])) OR (Techniques, Planning[Title/Abstract])) OR (Planning Technic[Title/Abstract])) OR (Planning Technics[Title/Abstract])) OR (Technic, Planning[Title/Abstract])) OR (Technics, Planning[Title/Abstract])) OR (Methodology, Planning[Title/Abstract])) OR (Methodologies, Planning[Title/Abstract])) OR (Planning Methodologies[Title/Abstract])) OR (Planning Methodology[Title/Abstract])) OR (Planning Theories[Title/Abstract])) OR (Planning Theory[Title/Abstract])) OR (Theories, Planning[Title/Abstract])) OR (Theory, Planning[Title/Abstract])) OR (implementation intentions[Title/Abstract])) OR (intention of implementing[Title/Abstract])) OR (intention activation[Title/Abstract])) OR (planning techniques[Title/Abstract])) OR (implementation techniques[Title/Abstract])) OR (action planning[Title/Abstract])) OR (coping planning[Title/Abstract])))) AND (((randomized controlled trial[Publication Type]) OR (randomized[Title/Abstract])) OR (placebo[Title/Abstract]))

**Embase strategy:**

#1: 'physical activity'/exp

#2: 'exercise':ab,ti OR 'exercises':ab,ti OR 'physical activity':ab,ti OR 'activities, physical':ab,ti OR 'activity, physical':ab,ti OR 'physical activities':ab,ti OR 'exercise, physical':ab,ti OR 'exercises, physical':ab,ti OR 'physical exercise':ab,ti OR 'physical exercises':ab,ti OR 'acute exercise':ab,ti OR 'acute exercises':ab,ti OR 'exercise, acute':ab,ti OR 'exercises, acute':ab,ti OR 'exercise, isometric':ab,ti OR 'exercises, isometric':ab,ti OR 'isometric exercises':ab,ti OR 'isometric exercise':ab,ti OR 'exercise, aerobic':ab,ti OR 'aerobic exercise':ab,ti OR 'aerobic exercises':ab,ti OR 'exercises, aerobic':ab,ti OR 'exercise training':ab,ti OR 'exercise trainings':ab,ti OR 'training, exercise':ab,ti OR 'trainings, exercise':ab,ti

#3: #1 OR #2

#4: 'implementation intention'/exp

#5: 'planning technique':ab,ti OR 'technique, planning':ab,ti OR 'techniques, planning':ab,ti OR 'planning technic':ab,ti OR 'planning technics':ab,ti OR 'technic,

planning':ab,ti OR 'technics, planning':ab,ti OR 'methodology, planning':ab,ti OR 'methodologies, planning':ab,ti OR 'planning methodologies':ab,ti OR 'planning methodology':ab,ti OR 'planning theories':ab,ti OR 'planning theory':ab,ti OR 'theories, planning':ab,ti OR 'theory, planning':ab,ti OR 'implementation intentions':ab,ti OR 'intention of implementing':ab,ti OR 'intention activation':ab,ti OR 'planning techniques':ab,ti OR 'action planning':ab,ti OR 'coping planning':ab,ti

#6: #4 OR #5

#7: 'randomized controlled trial':ab,ti OR 'randomized':ab,ti OR 'placebo':ab,ti

#8: #3 AND #6 AND #7

### **Proquest strategy:**

(mainsubject(physical activity) OR mainsubject(exercise))AND(ab((implementation intention) OR (action planning) OR (coping planning) OR (planning strategy) OR (planning intervention)))AND(ab((randomized controlled trial) or (randomized) or (placebo)))

### **Psycinfo strategy**

(Abstract(physical activity) OR (exercise))AND(Abstract ((implementation intention) OR (action planning) OR (coping planning) OR (planning strategy) OR (planning intervention)))AND(Abstract ((randomized controlled trial) or (randomized) or (placebo)))

### **Web of Science strategy:**

(TS=("Physical activity " OR Exercise OR Exercises OR "Physical Activity""Activities, Physical"OR"Activity, Physical"OR"Physical Activities"OR"Exercise, Physical"OR"Exercises, Physical"OR"Physical Exercise"OR"Physical Exercises"OR"Acute Exercise"OR"Acute Exercises"OR"Exercise, Acute"OR"Exercises, Acute"OR"Exercise, Isometric"OR"Exercises, Isometric"OR"Isometric Exercises"OR"Isometric Exercise"OR"Exercise, Aerobic"OR"Aerobic Exercise"OR"Exercises, Aerobic"OR"Exercise Training"OR"Exercise Trainings"OR"Training, Exercise"OR"Trainings, Exercise"))AND(AB =("Planning techniques"OR"Planning Technique"OR"Technique, Planning"OR"Techniques, Planning"OR"Planning Technic"OR"Planning Technics"OR"Technic, Planning"OR"Technics,Planning"OR"Methodology, Planning"OR"Methodologies, Planning"OR"Planning Methodologies"OR"Planning Methodology"OR"Planning Theories"OR"Planning Theory"OR"Theories, Planning"OR"Theory, Planning"OR"implementation intentions"OR"intention of implementing"OR"intention activation" OR"planning techniques" OR"action planning" OR"coping planning"))AND(AB=("random\* controlled trial" OR random\* OR placebo))

### **Cochranelibrary strategy:**

#1: MeSH descriptor: [Exercise] explode all trees

#2: (Exercise):ti,ab,kw OR (Exercises):ti,ab,kw OR (Physical Activity):ti,ab,kw OR (Activities, Physical):ti,ab,kw OR (Activity, Physical):ti,ab,kw OR (Physical Activities):ti,ab,kw OR (Exercise, Physical):ti,ab,kw OR (Exercises, Physical):ti,ab,kw OR (Physical Exercise):ti,ab,kw OR (Physical Exercises):ti,ab,kw OR (Acute Exercise):ti,ab,kw OR (Acute Exercises):ti,ab,kw OR (Exercise, Acute):ti,ab,kw OR (Exercises, Acute):ti,ab,kw OR (Exercise, Isometric):ti,ab,kw OR (Exercises, Isometric):ti,ab,kw OR (Isometric Exercises):ti,ab,kw OR (Isometric Exercise):ti,ab,kw OR (Exercise, Aerobic):ti,ab,kw OR (Aerobic Exercise):ti,ab,kw OR (Aerobic Exercises):ti,ab,kw OR (Exercises, Aerobic):ti,ab,kw OR (Exercise Training):ti,ab,kw OR (Exercise Trainings):ti,ab,kw OR (Training, Exercise):ti,ab,kw OR (Trainings, Exercise):ti,ab,kw

#3: #1OR #2

#4: (Planning Technique):ti,ab,kw OR (Technique, Planning):ti,ab,kw OR (Techniques, Planning):ti,ab,kw OR (Planning Technic):ti,ab,kw OR (Planning Technics):ti,ab,kw OR (Technic, Planning):ti,ab,kw OR (Technics, Planning):ti,ab,kw OR (Methodology, Planning):ti,ab,kw OR (Methodologies, Planning):ti,ab,kw OR (Planning Methodologies):ti,ab,kw OR (Planning Methodology):ti,ab,kw OR (Planning Theories):ti,ab,kw OR (Planning Theory):ti,ab,kw OR (Theories, Planning):ti,ab,kw OR (Theory, Planning):ti,ab,kw OR (implementation intentions):ti,ab,kw OR (intention of implementing):ti,ab,kw OR (intention activation ):ti,ab,kw OR (planning techniques):ti,ab,kw OR (action planning):ti,ab,kw OR (coping planning):ti,ab,kw

#5: #3 AND #4

### **CNKI search strategy:**

(((((主题%='身体活动' or 题名%='身体活动') OR (主题%='体力活动' or 题名%='体力活动')) OR (主题%='锻炼' or 题名%='锻炼')) OR (主题%='体育活动' or 题名%='体育活动')) AND (((旧版主题='执行意向') OR (旧版主题='行动计划')) OR (旧版主题='应对计划')) OR (旧版主题='计划干预')) OR (旧版主题='计划策略')) AND (((旧版主题='实验') OR (旧版主题='随机对照')) OR (旧版主题='随机分配')) OR (旧版主题='随机')) OR (旧版主题='RCT'))); 检索范围: 期刊。

### **Wanfang data search strategy:**

主题:(身体活动+体力活动+体育活动+锻炼) and 主题:(执行意向+行动计划+应对计划+计划干预+计划策略) and 主题:(随机+随机对照+随机分配+实验+RCT)