

Supplementary tables

Patient Number	Disease Site	Neo-adjuvant Chemotherapy	Neo-adjuvant Radiotherapy	Study arm	Follow Up	ONS	Exercise	Adequate Dietary Intake*	Fully Adherent to CEDI
4	Rectal	Capecitabine	Yes	CEDI	Complete	Yes	Yes	Yes	Yes
7	Gastric	FLOT, 4 cycles	No	CEDI	Complete	Yes	Yes	Yes	Yes
11	Gastric	FLOT, 4 cycles	No	CEDI	Complete	Yes	Yes	Yes	Yes
13	Rectal	XELOX, 2 cycles -> ChTRT with Capecitabine-> XELOX, 2 cycles	Yes	CEDI	Complete	Yes	Yes	Yes	Yes
15	Gastric	FLOT, 4 cycles	No	CEDI	Complete	No	Yes	Yes	Yes
17	Pancreas	FOLFIRINOX, 4 cycles -> QRT with capecitabine	Yes	CEDI	Complete	Yes	No	No	No
18	Gastric	FLOT, 3 cycles	No	CEDI	Died during NAT	Yes	Yes	No	Yes
21	Esophagus	ChRT with Carboplatin/Paclitaxel	Yes	CEDI	Died during NAT	Yes	Yes	No	Yes
22	Gastric	FLOT, 3 cycles	No	CEDI	Died during NAT	Yes	Yes	No	Yes
23	Esophagus	ChTRT with Carboplatin/Paclitaxel	Yes	CEDI	Complete	Yes	No	Yes	No
26	Pancreas	FOLFIRINOX, 2 cycles	No	CEDI	Complete	No	No	No	No
28	Gastric	FLOT, 4 cycles	No	CEDI	Complete	Yes	Yes	Yes	Yes
29	Rectal	XELOX, 1 cycle -> RT short duration	Yes	CEDI	Complete	Yes	Yes	Yes	Yes
32	Gastric	FLOT, 4 cycles	No	CEDI	Complete	Yes	Yes	Yes	Yes
33	Rectal	XELOX, 2 cycles -> ChTRT with capecitabine -> XELOX, 5 cycles	Yes	CEDI	Complete	No	No	No	No
38	Gastric	FLOT, 4 cycles	No	CEDI	Drop out	No	No	No	No
39	Rectal	ChTRT with capecitabine	Yes	CEDI	Incomplete	No	No	Yes	No
40	Rectal	ChTRT with capecitabine -> XELOX, 7 cycles	Yes	CEDI	Complete	Yes	Yes	Yes	Yes
41	Gastric	FLOT, 8 cycles	No	CEDI	Complete	No	Yes	Yes	Yes
1	Pancreas	FOLFIRINOX -> FOLFIRI -> Gemcitabine	No	Control	Complete				
2	Gastric	FLOT 4 cycles	No	Control	Complete				
3	Rectal	ChTRT with 5FU	Yes	Control	Complete				
5	Gastric	FLOT 1 cycle	No	Control	Died during NAT				
6	Rectal	ChTRT with capecitabine	Yes	Control	Complete				
8	Gastric	FLOT, 4 cycles	No	Control	Complete				
9	Pancreas	FOLFIRINOX, 4 cycles -> ChTRT with capecitabine	Yes	Control	Complete				

Patient Number	Disease Site	Neo-adjuvant Chemotherapy	Neo-adjuvant Radiotherapy	Study arm	Follow Up	ONS	Exercise	Adequate Dietary Intake*	Fully Adherent to CEDI
10	Pancreas	GEMOX, 6 cycles	No	Control	Complete				
14	Rectal	XELOX, 2 cycles - > ChTRT com capecitabine - > XELOX 2 cycles	Yes	Control	Complete				
16	Rectal	ChTRT with capecitabine	Yes	Control	Complete				
20	Rectal	XELOX, 3 cycles - > QRT with capecitabine - > XELOX, 2 cycles	Yes	Control	Complete				
24	Esophagus	ChTRT with Carboplatin/paclitaxel	Yes	Control	Complete				
25	Gastric	FLOT 4 cycles	No	Control	Complete				
27	Gastric	FLOT, 4 cycles	No	Control	Complete				
30	Gastric	FLOT, 3 cycles	No	Control	Complete				
31	Rectal	XELOX, 3 cycles - > ChTRT with capecitabine - > XELOX, 3 cycles	Yes	Control	Complete				
34	Gastric	FLOT, 4 cycles	No	Control	Complete				
35	Gastric	FLOT, 4 cycles	No	Control	Complete				
36	Gastric	FLOT, 8 cycles	No	Control	Complete				
37	Rectal	XELOX, 1 cycle - > ChTRT with capecitabine - > XELOX 2 cycles	Yes	Control	Incomplete				

Table 1- Neo-adjuvant treatment regimens and adherence to Combined Exercise and Dietary Intervention (CEDI). ChTRT-Chemotherapy with radiotherapy, FLOT-5-Fluorouracil, Folinic acid, Oxaliplatin, Docetaxel, XELOX- Oxaliplatin and Capecitabine; FOLFIRINOX-5-Fluorouracil, Irinotecan and Oxaliplatin; FOLFOX- folinic , fluorouracil (5FU), oxaliplatin.; NAT-Neo-adjuvant Treatment;*Dietary intake above 75% of estimated energy and protein requirements; ONS- Oral Nutritional Supplements.