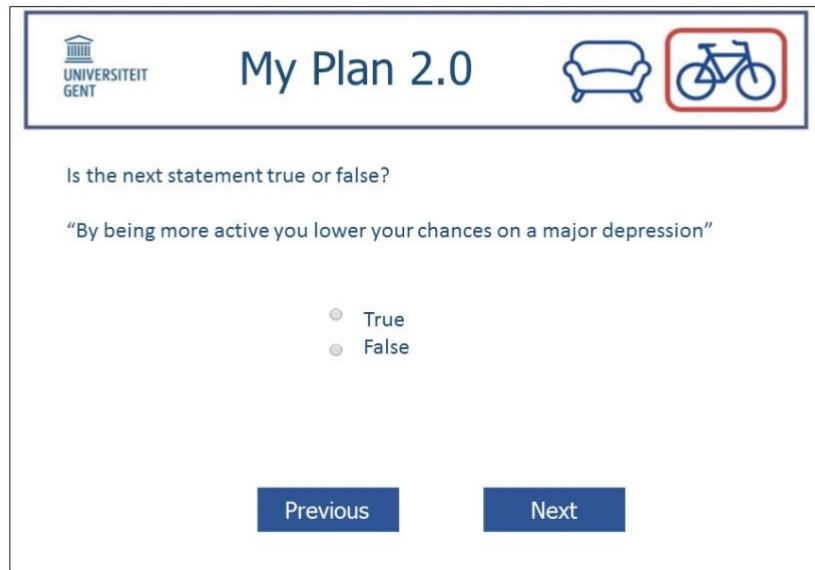
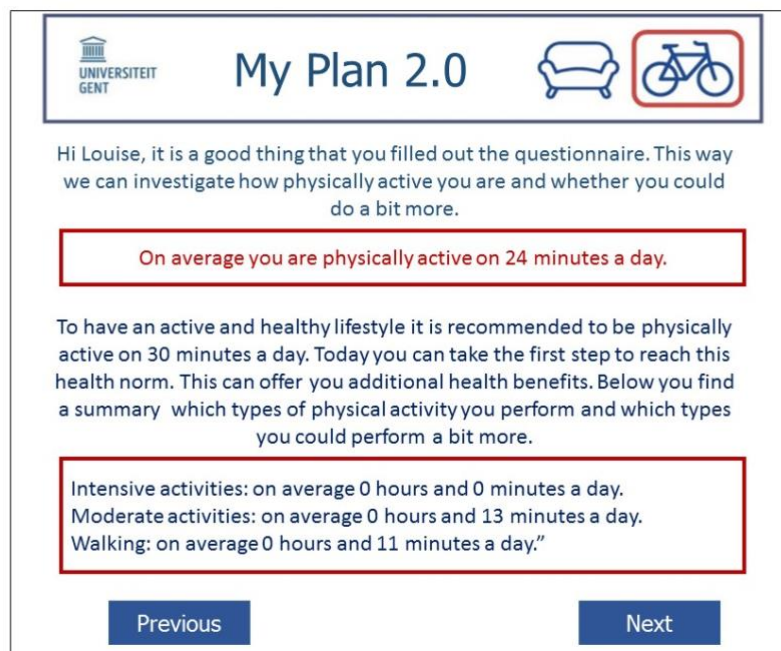


Multimedia appendix 1. Screenshots of the MyPlan 2.0. website – implementation of self-regulation techniques



Providing information on the consequences of behaviour: the website offers the opportunity to take a quiz regarding physical activity.



Providing feedback on performance: participants complete the short International Physical Activity Questionnaire and receive tailored feedback.



My Plan 2.0




What will I do?

When will I do it?

Where will I do it?


What would you like to do to be more physically active in your spare time (e.g. jogging, cycling, swimming, walking, ...)?





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Action planning: participants specify their actions in terms of what, when and where by answering multiple questions.




My Plan 2.0

Living up to a new plan is not always easy. Research shows that it is really important to consider potential barriers in advance. When this barrier appears, you will have an immediate solution at hand! What could be an important barrier for you?

- I might forget about my plan
- I might not feel like doing it
- other priorities (e.g. family visit, unexpected task)
- bad weather
- Other:



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Barrier identification / problem solving: Participants define which barriers they may perceive and which solutions are possible to overcome these barriers.



My Plan 2.0




It is often recommended to monitor your actions. This way you can see how it is going and if you are actually becoming more physically active. How will you do this?

- a booklet
- my calendar or my diary
- my computer
- my mobile phone
- the calendar of MyPlan
- I would rather not keep track of this every day



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Prompting self-monitoring: Participants can choose how they will self-monitor their behaviour.



My Plan 2.0




Adopting a healthier way of living is not always easy... Your environment can play an important role. Some people receive a lot of support from their partner, family or friends. For others this is not the case. It might be that your environment has little interest in your lifestyle or they are not aware of the advantages of adopting a healthy way of living. This might make you less motivated as well. If you are looking for ways to get more social support from you environment you might read some of the advices below. Here we describe ways to discuss your plans with others or how you can find other people to be physically active with.

My Partner

Friends/Family

Unknowns

Colleagues



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Planning social support: Participants read about how to elicit social support, how to talk about behaviour change to others, and how to engage in behaviour change together with other people.