

Supplementary material

Translation / operationalisation of behaviour change techniques (BCTs) to practical applications (elements)

BCT	Operationalisation	Element	Workflow
Goal setting (behaviour)	Agree on a daily time spent in PA/SB goal (based on percentile scheduling) with the individual	<p><i>MENU Home/dashboard "Today's goals"</i></p> <p>Tab/menu "TODAY" presents goal for each behaviour. Dashboard suggests goals for each behaviour (PA + SB) based on a moving window of the last 7 days of data. PA goals based on the 60th percentile of the last 7 days; SB goals based on the 40th percentile: "Active time – At least... [value]; Sedentary time – Less than... [value]"</p>	Daily
Problem solving	Prompt the individual to identify barriers preventing them from having a more active activity profile and present ways which could help overcome them	<p><i>MENU "WHY IS IT IMPORTANT? /"Overcoming barriers":</i></p> <p>Tab/menu "WHY IS IT IMPORTANT?" lists common barriers and possible solutions/support for each self-identified barrier</p> <p><i>Notification:</i></p> <p>Making changes can be difficult. Think about what stops you from having a more active activity profile, such as having no time. Write down ideas to overcome these or check here [Overcoming Barriers] for common obstacles and ideas to overcome them.</p> <ul style="list-style-type: none"> • I don't need to worry about this <ul style="list-style-type: none"> ○ Being inactive speeds up our physical decline and decreases our life expectancy. Adults who are inactive AND sit more throughout the day have an increased risk of early death, particularly from cardiovascular disease. • I don't spend much time sitting <ul style="list-style-type: none"> ○ We don't even notice, but it adds up to a lot of hours (e.g. we may sit during meals, travelling to/from work, in front of the computer, watching TV,...). On average we spend about 8h/day sitting and 15h/day in sedentary activities if we include bedtime. • At work everyone is sitting. I'll be seen as an eccentric if I do some exercises 	<p>Ad libitum + end of week when discrepancy between behaviour and goal;</p> <p>IF Sunday pull last 7 days, THEN count number of days where ("MVPA" was not >= goal AND "SB" was not <= goal). IF COUNT >=4</p>

- Walk more at work by having meetings on foot or taking a stroll; move and talk in person with colleagues instead of calling/emailing; using the stairs instead of the lift; take a long route to the restroom/kitchen/printer; stand up while on the phone; park farther away from your building
 - I don't have the time
 - Add physical activity to your daily routine. Even if it is just for a few minutes, it all adds up. E.g. walk around when on the phone OR walk to/from local places whenever you can. Select activities requiring minimal time, e.g. walking, jogging, or stair climbing.
 - Most of my friends are inactive, I have no-one to do it with
 - Join a group or class and you'll meet new people / make new friends. OR invite a friend, a relative, or work colleague to go for a lunchtime walk. Ask your friends/family to support your efforts.
 - I've never had the will power, I'm not the sporty type"
 - Being active does not mean you have to be sporty. There's no need to overdo it. Just try to do some activity (e.g. gardening, dancing, stair climbing, fishing...). Start slowly and work at your own pace.
 - I'm getting too old
 - You're never too old and you will still feel the benefits, perhaps sooner than you think!
 - I'm too tired
 - Doing a little bit is better than nothing. Once you start being more active, you'll have more energy, and feel less tired and more relaxed.
 - Leisure time activities that are passive (e.g. TV, video games) are much more fun
 - Yes, so make it "harder" to you, E.g. lose the remote and get up to change the channels OR just stand and move around during commercial breaks/ screen loads
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		<ul style="list-style-type: none"> Check here for more suggestions. [LINK TO] <i>MENU “Why is it important?”/“Suggestions for reducing sitting time” (library/health value/education)</i> 	
Action planning	Prompt planning the performance of PA/breaking up SB (context, frequency, duration)	<p><i>Notification</i> prompts planning the performance (where, when, how) of each behaviour at week start:</p> <ul style="list-style-type: none"> Think about when, where, and how will be most convenient for you to accumulate our proposed goal of min per day in activity. “When I’m in situation X, then I will do Y”... Think about when, where, and how will be most convenient for you to break up your sitting time each day. “When I’m in situation X, then I will do Y”... 	Every Monday; IF Monday
Action planning	Encourage a plan to always carry phone - e.g. keep it on pocket	<p><i>Message:</i></p> <ul style="list-style-type: none"> Think about where, and how it will be most convenient for you to carry your smartphone at all times. “When I’m in situation X, then I will do Y”... Please carry your smartphone with you the most you can (e.g. keep it in your pocket instead of leaving it on your desk). 	DAY 1, 8, 16, 24, 32, 40, 48
Review behaviour goal(s)	Examine how well an individual's performance corresponds to agreed long term behaviour goals and consider modifying future behavioural goals accordingly (e.g. by increasing or decreasing PA target or changing type of behaviour targeted (SB, LPA, MPA, VPA))	<p><i>Message:</i></p> <p>Check how you’re doing so far [Link to <i>MENU “Tracking Progress”</i>]. Would you like to adjust your long-term goals for either your active and/or sedentary time?</p>	Every 4 weeks
Discrepancy between current behaviour and goal	Point out that the recorded PA fell short and/or SB exceeded the goals set	<p><i>Notification + graph</i> where individual can see previous 7 days goal/day and achievement/non-achievement:</p> <ul style="list-style-type: none"> Check how you’ve done on the last days [Link to <i>MENU “Tracking Progress”</i>]. Looks like your activity fell short of your goals. Make them stick by checking them regularly or writing them down. 	Every time 5 consecutive days not reaching PA goals. Every time 7 consecutive days not reaching SB goals

			Count number of days where ("MVPA" was not >= goal OR "SB" was not <= goal). IF COUNT >=4
Feedback on behaviour	Inform the individual of how much time they spent in PA and SB each day	<i>Tab/menu "YESTERDAY"</i> displays degree of achievement/non-achievement and smiley faces (one for PA, other for SB) displays feedback accordingly (5 smiley faces, 25% increments of distance from PA and SB goal)	Daily / ad libitum (feedback from previous day)
Self-monitoring of behaviour	Ask the individual to check daily whether they have reached their goals for PA/SB	<i>Pus notification or notification:</i> Check how much time you spent in activity and sedentary activities yesterday [Link to MENU "Yesterday"]	Daily (+ reminder once/week IF goals not met for more than 7 consecutive days)
Social support (unspecified)	Give information about "Auckland Walkers" or a "Meet-Up", self-help groups that offer support for the PA behaviour	<i>Notifications:</i> <ul style="list-style-type: none"> • Here's a link to some Walking Meetups [http://walkers.meetup.com/cities/nz/auckland]. You'll find plenty options to choose from to help you getting out and about. • Here's a link to some Jogging Meetups [http://jogging.meetup.com/cities/nz/auckland/]. You'll find plenty options to choose from to help you getting out and about. • Share with your friends/relatives/colleagues what you are doing. They may have ideas to increase activity or ways to breaking up sitting that you haven't thought of. 	IF Day = 3, 16. IF Activity profile = Coach Potato, display walking group; if Activity profile = Techno-Active display running group
Social support (practical)	Ask the partner to remind individual of carrying phone with him/her at all times	<i>Notifications:</i> <ul style="list-style-type: none"> • Ask a relative/friend to remind you to carry your phone with you at all times. 	IF DAY 9, 28
Social support (emotional)	Ask the individual to take a friend with them when being active	<i>Notifications:</i> <ul style="list-style-type: none"> • Making changes may be easier with others. Think of where you can get support: will a friend/relative join in too? • Invite a friend/relative/colleague to go for a lunchtime walk • Invite a friend/relative to join you for a walk • Invite a friend/relative to join you for a hike 	IF DAY 3, 15, 26, 39, 50

		<ul style="list-style-type: none"> • Sign-up with a friend/relative for a 5k walking/running event. • Have a friendly game of ping-pong • Invite a friend/relative to join you for a bike walk • Join a club/group/team/friend. You might find others have the same obstacles, it is normal! 	
Instruction on how to perform a behavior	Advise the individual how to ↑PA ↓SB	<p><i>MENU "Knowledge" + Notifications:</i></p> <p>Ways to reduce sedentary time</p> <p>At work</p> <ul style="list-style-type: none"> • When at work, stand up every now and again: to drink water, while on the phone, to communicate with colleagues instead of calling/emailing • When at work, rest time: walk, go up and down stairs, walk to the furthest toilet • When at work, eat your lunch away from your desk • When at work, stand at the back of the room during presentations • When at work, make journeys on foot <p>At home</p> <ul style="list-style-type: none"> • When at home, get up during the advertisements (do little tasks) • When at home, watch TV while ironing standing up, folding clothes • When at home, go out for a walk instead of spending more time at home • When at home: Do-it-yourself or house chores (e.g. sweeping, mopping, vacuuming) <p>Leisure time</p> <ul style="list-style-type: none"> • On your leisure time, play or go out to the park with a friend/relative/dog • On your leisure time, go out to walk in the stores/markets • On your leisure time, watch TV/read while on a static bicycle • On your leisure time, play active video games (e.g. Kinect, Wii) <p>Journeys</p> <ul style="list-style-type: none"> • On your journeys, use the stairs instead of the elevator/escalator • On your journeys, walk or cycle at least part way to your destination • Take public transport so you walk to/from stops/stations • On your journeys, reduce the use of public transport to the essential; do the rest on foot 	Ad libitum + Count number of days where ("MVPA" OR "SB") goals were not met. IF COUNT >=3

- On your public transport journeys: stand and offer your seat to a person who really needs it
- On your public transport journeys, get on further along the route or get off earlier

Ways to increase physically active time

At work

- When at work, brainstorm ideas with a co-worker while taking a walk.
- Create an exercise accountability partnership with a co-worker.
- When at work, walk during business calls when you don't need to reference important documents.
- When at work, stand while talking on the phone.
- When at work, walk down the hall to speak with someone rather than calling/emailing
- Take the stairs instead of the lift/escalator. Or get off a few floors early and take the stairs the rest of the way.
- Schedule exercise time on your business calendar and treat it as any other important appointment.
- Get off the bus a few blocks early and walk the rest of the way to work or home.
- When at work, walk around your building for a break during the workday or during lunch.
- Try a stand-up desk [<http://www.howtogeek.com/99961/how-to-modify-your-existing-desk-to-make-it-a-standing-desk/>].

At home

- When at home, do housework yourself instead of hiring someone else to do it.
 - Work in the garden, mow the grass, rake leaves, prune, dig, and pick up trash.
 - Go out for a short walk before breakfast, after dinner or both!
 - Walk or bike to the corner store instead of driving. When walking, pick up the pace from leisurely to brisk. Choose a hilly route.
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		<ul style="list-style-type: none"> • When at home, walk while talking on the phone. <p>Leisure time</p> <ul style="list-style-type: none"> • On your leisure time, make a date with a friend to enjoy your favourite physical activities. Do them regularly. • Play your favourite music while exercising; enjoy something that motivates you. • Plan outings and vacations that include physical activity (hiking, backpacking, swimming, etc.) • See the sights in new cities by walking, jogging or bicycling. • On your leisure time, look for opportunities to be active (e.g. when golfing, walk instead of using a cart) <p>Journeys</p> <ul style="list-style-type: none"> • On your journeys, park farther away at the stores/mall and walk the extra distance. • On your journeys, use the stairs instead of the elevator/escalator • On your journeys, go by foot or by public transport • Reduce the use of public transport to the essential; do the rest on foot • On your public transport journeys, get on further along the route or get off earlier 	
Information about health consequences	Present the likelihood of CVD when individual does not engage in physical activities	<p><i>Messages:</i></p> <ul style="list-style-type: none"> • Low fitness, a consequence of physical inactivity, accounts for more deaths (16%) than other risk factors (3% for obesity; 9% for smoking; 4% for diabetes, 11% for hypertension) • Research shows being physically inactive increases your risk of heart disease and stroke by 50%. • Those who exercise a little, not meeting the recommendations but doing something, lower their risk of death by 20% compared with inactive individuals. • Those who accumulate at least 150 minutes/week of moderate activity have 31% lower risk of death compared with inactive individuals. • Those who accumulate 450 minutes/week of moderate activity have 37% lower risk of death compared with inactive individuals. 	IF DAY 6, 17, 27, 37, 47

- Sit Less, move more [infographic from Heart Foundation]

+ Menu "FAQ, submenu "Why is it important?"

Sedentary behaviour (activities that require very little or no energy - like sitting, lying down, watching TV, using a computer) AND **physical inactivity** (less than 150 minutes of physical activity/week) **both** contribute to our likelihood of poor health.

Inactivity causes 9% of premature deaths, or more than 5.3 million of the 57 million deaths that occur worldwide.

Sitting is one of the most human behaviours. Even for individuals who do 30 minutes of moderate physical activity on most days each week, there are adverse health consequences for those who sit for more than 7h/day.

It is important to spend time being physically active **AND** not spend too much time being sedentary. If you have an active activity profile...

- It helps reduce the risk of conditions like heart disease, obesity, type 2 diabetes, and cancer.
- It puts you in a better position to manage conditions like arthritis, diabetes and depression.
- You'll be in better overall health.
- You'll have more energy.
- You'll have better posture and balance.
- You'll have stronger muscles and bones.
- It's fun.
- It raises your self-esteem.
- It helps you manage your weight.
- It improves your fitness.
- It can improve your sleep.

You'll feel more relaxed, and less stressed

Salience of consequences	Emphasise the consequences of inactivity	<i>Push notification with infographics</i> [Image files] Infographics about the health detrimental effects of prolonged sitting and/or inactivity	IF SB > SB goal on 6 consecutive days; IF COUNT >=5
Information about social and environmental consequences	Present the decrease of CO2 emissions if walking/cycling or taking public transport to commute	<i>Notification:</i> <ul style="list-style-type: none"> • Use of public transportation has been shown to increase walking. Bonus: 1 car less in the road = less air pollution. • If everyone in NZ who currently drives to work were to walk, cycle or take public transport on just one day/week, it would save up to 114,000 tonnes of CO2 emissions/year 	IF DAY 38, 54
Monitoring of emotional consequences	Agree that the individual will record how they feel after an "activity streak"	<i>Push notification</i> (requiring user input): <ul style="list-style-type: none"> • Looks like you were on an "activity streak". How did that make you feel? [smiley faces] • Looks like you're doing well breaking up your sitting time. How did that make you feel? [smiley faces] 	IF DAY 7, 14, 30, 45, COUNT number of days where ("MVPA" >=goal OR "SB" <=goal). IF COUNT >=3
Information about emotional consequences	Explain that breaking up sitting increases activation, feeling energised, maybe even work satisfaction. Explain that a short bout of PA increases happiness and life satisfaction.	<i>Notification:</i> <ul style="list-style-type: none"> • Alternating sitting and standing (at work) slightly increases your energy expenditure and reduces feelings of fatigue and monotony. • Alternating sitting and standing (at work) can increase your activation and even improve your mood and productivity. • A short bout of physical activity increases happiness and life satisfaction • Even a short bout of physical activity can increase your feelings of wellbeing. 	IF DAY 13, 29
Demonstration of the behaviour	Demonstrate how to break up SB at work or home	<i>Notification</i> (with links to Youtube videos and/or image files): <ul style="list-style-type: none"> • Here's a few examples of simple exercises to break up our sitting time when at work [image 6OfficePA] • Here's a few examples of simple exercises to break up our sitting time when at work [image 7OfficePA] • Here's a few examples of simple exercises to break up our sitting time when at work [image 8OfficePA] 	IF DAY 2, 10, 28, 41, 51

		<ul style="list-style-type: none"> Here's a link to a youtube video with exercise ideas to try when at work. Try some or all of the tips, your choice: [https://www.youtube.com/watch?v=61e1sNQy7jY] 	
Prompts/cues	Prompt or cue the individual to break up SB (e.g. stand up, walk for a while, go to the bathroom) or increase PA	<p><i>Push notification + MENU FAQ</i></p> <p>To break up SB</p> <ul style="list-style-type: none"> Try if you like: Stand up and walk around while on the phone Try if you like: When at the office, walk to your colleague instead of calling/emailing Try if you like: Need to use the toilet? Walk to the furthest one Try if you like: Eat your lunch away from your desk Try if you like: Stand at the back of the room during work presentations Try if you like: When watching TV, get up during the advertisements and do little tasks Try if you like: Watch TV while ironing standing up, folding clothes, or other house chores Try if you like: Go out for a walk instead of spending more time at home Try if you like: Your house chores (e.g. sweeping, mopping, vacuuming) add up to total activity Try if you like: Play or go out to the park with a friend/relative/dog Try if you like: Go out to walk in the stores/markets Try if you like: Watch TV/read while on a static bicycle Try if you like: Play active video games (e.g. Wii) Try if you like: Use the stairs instead of the elevator/escalator Try if you like: Walk or cycle at least part way to your destination Try if you like: Take public transport so you walk to/from stops/stations Try if you like: Reduce the use of public transport to the essential; do the rest on foot Try if you like: Public transport: stand and offer your seat to a person who really needs it Try if you like: Public transport: get on further along the route or get off earlier <p>To increase PA</p>	Count number of days where ("MVPA" was not >= goal OR "SB" was not <= goal). IF COUNT >=2

- Try if you like: Brainstorm ideas with a coworker while taking a walk.
 - Try if you like: Create an exercise accountability partnership.
 - Try if you like: Create a “breaking up sitting” accountability partnership
 - Try if you like: Walk during calls when you don't need to reference important documents.
 - Try if you like: Stand while talking on the phone.
 - Try if you like: Walk down the hall to speak with someone rather than calling/emailing
 - Try if you like: Take the stairs instead of the lift/escalator. Or get off a few floors early and take the stairs the rest of the way.
 - Try if you like: When taking the lift, get off a few floors early and take the stairs the rest of the way.
 - Try if you like: Schedule exercise time on your business calendar and treat it as any other important appointment.
 - Try if you like: Get off the bus a few blocks early and walk the rest of the way to work/home.
 - Try if you like: Walk around your building for a break during the workday or during lunch.
 - Try if you like: a stand-up desk.
 - Try if you like: do housework yourself instead of hiring someone else to do it.
 - Try if you like: Work in the garden, mow the grass, rake leaves, prune, dig, and pick up trash.
 - Try if you like: Go out for a short walk before breakfast, after dinner or both!
 - Try if you like: Walk or bike to the corner store instead of driving.
 - Try if you like: When walking, pick up the pace from leisurely to brisk.
 - Try if you like: Choose a hilly route.
 - Try if you like: Make a date with a friend to enjoy your favorite physical activities.
 - Try if you like: Play your favorite music while exercising; enjoy something that motivates you.
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		<ul style="list-style-type: none"> • Try if you like: Plan outings and vacations that include physical activity (hiking, backpacking, swimming, etc.) • Try if you like: See the sights in new cities by walking, jogging or bicycling. • Try if you like: Look for opportunities to be active (eg. when golfing, walk instead of using a cart) • Try if you like: Park farther away at the stores/mall and walk the extra distance. 	
Behaviour substitution	Suggest that the individual goes for a walk rather than watches television/uses screens	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Why not stand up and walk around instead of sitting while on the phone? • When at work, why not walk to your colleague instead of calling/emailing? • Why not stand at the back of the room during work presentations rather than sitting? • Why not watch TV while ironing standing up, folding clothes, or other house chores instead of sitting? • Why not go out for a walk instead of spending more time at home? • Why not play an active video game (e.g. Wii) instead of one that does not require moving? • Why not take the stairs instead of the elevator/escalator? • Why not walk or cycle at least part way to your destination rather than driving/taking public transport all the way? • When using public transport, why not stand and offer your seat to a person who really needs it instead of sitting all the way? • Why not brainstorm ideas with a coworker while taking a walk rather than sitting in a room? • When taking the lift, why not get off a few floors early and take the stairs the rest of the way rather than taking it all the way? • When on a bus, why not get off a few stops early and walk the rest of the way rather than taking it till your final destination? • Why not try to alternate sitting and standing (e.g a stand-up desk) rather than sitting for all your desk work? • Why not do housework yourself instead of hiring someone else to do it? 	IF "SB">60% on previous day/yesterday

		<ul style="list-style-type: none"> • Why not walk or bike to the corner store instead of driving? 	
Habit formation	Prompt the individual to leave the remote control away so that one has to stand up to switch the TV channel.	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • When watching TV, always leave the remote control away so that you have to stand up to switch channel. • When watching TV, see advertisement breaks as opportunities to be active: stand up or walk around. • When using public transport, make the sight of a vacant seat a reminder to stand up. • Each time you get up, try doing it without using your hands or arms. 	IF DAY 4, 11, 18, 25
Habit formation	Prompt the individual to carry phone on their pocket at all times. Prompt the individual to put in the pocket if had left it on the desk before standing/moving.	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Please remember to carry your phone with you at all times. • Please remember to put your phone back in your pocket after you had it on your desk and before standing/walking away from it. • Please take your phone in your pocket even for short trips (e.g. toilet, to get a coffee). • Please carry your phone with you as much as possible (even for little trips to a print/mail room when at work). • Please carry your phone with you as much as possible (when at work, when at home, when on the move) • When at home, please remember to have your phone in your pocket as much as possible. • When on the move, please remember to have your phone in your pocket, even if just walking to a close local store. • When exercising, please carry your phone with you as much as possible (e.g. armband, waist band, pocket). 	IF DAY 3, 12, 19, 23
Habit reversal	Ask the individual to walk up stairs where they previously always took the lift	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • When on the phone, try to stand up and walk around instead of sitting. • When at work, try to walk to your colleague instead of calling/emailing. • When watching TV, try to stand instead of sitting and maybe do some house chores (e.g. ironing, folding clothes). • When at home, try to go out for a walk instead of spending more time inside. 	IF "MVPA"<2% on previous day/yesterday

		<ul style="list-style-type: none"> • When playing video games, try to play an active video game (e.g. Wii) instead of one that does not require moving. • When you see an elevator/escalator, try to look for the stairs to walk up instead of using the elevator/escalator. • When driving/taking public transport, try to walk or cycle at least part way to your destination. • When using public transport, try to stand and offer your seat to a person who really needs it instead of sitting all the way. • When you have a meeting with a work colleague, try to do it while taking a walk rather than sitting in a room. • When taking the lift, try to get off a few floors early and take the stairs the rest of the way rather than taking it all the way. • When on a bus, try to get off a few stops early and walk the rest of the way rather than taking it till your final destination. • When at work, why not try to alternate sitting and standing (e.g a stand-up desk) rather than sitting most of the time. • If you have housework to get done, try to do it yourself instead of hiring someone else to do it. • If you need to go to the local store, try to walk or bike instead of driving. 	
Generalisation of a target behaviour	Advise the individual to repeat "breaking up sedentary time" performed at work when at home	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Can you try to interrupt your sitting time (like you do at work) also when you're at home? • Looks like you're doing well decreasing your sitting time during the week. Can you try to do it on weekend days too?? 	IF Saturday OR Sunday, THEN count number of days where ("SB" was <=goal). IF COUNT >=3
Graded tasks	Ask the individual to ↑PA ↓SB according to the percentile schedule (graded tasks)	<i>Menu "Today"</i> presents goals for each behaviour (SB/PA) based on percentile scheduling	Daily
Credible source	Present visual communications given by a high status professional to emphasise the importance of being active	<p><i>Push notification with links to videos:</i></p> <ul style="list-style-type: none"> • The importance of being active - Look for opportunities: https://www.youtube.com/watch?v=whPuRlil4c0&index=13&list=PLpQXI97WJt3VQdL8NCetKlqVT6qz3EmJi 	IF DAY 2, 30

		<ul style="list-style-type: none"> The importance of being active - Why is it important: https://www.youtube.com/watch?v=aUalnS6HIgo 	
Pros and cons	Advise the individual to list and compare the advantages and disadvantages of being active	<p><i>Notification</i> with list of pros/cons they can choose from</p> <p>Here are a few pros and cons of having a more active activity profile. Are the cons worth it? What will it take to tip the scale in favour of change?</p> <p>PROS: Feel physically better, More energy, More self-confidence, Sleep better, More productive at work and home, Less stressed, Less cranky, Can be active with friends/relatives. CONS: Can take away time, One more thing to think about, May feel embarrassed, May be hard at start.</p>	IF DAY 22
Social reward	Congratulate the individual for each day they try (only if there was effort) to reach their PA/SB goal	<i>Menu "Yesterday" displays happy smiley faces</i>	IF PA/SB goals are met
Self-reward	Encourage individual to reward self with material (e.g. new clothes) or other valued objects if and only if they made an effort and/or progress in being active	<p><i>Notification:</i></p> <p>Well done thus far. Reward yourself with something you know you deserve (e.g. new clothes? "ME" time?).</p>	IF DAY 55, COUNT number of days where ("MVPA" >= goal OR "SB" <=goal). IF COUNT >=5
Restructuring the physical environment	Advise to keep a few copy paper carton boxes to stack and build a standing desk; move the chair away from the desk	<p><i>Notification + links:</i></p> <ul style="list-style-type: none"> To alternate between sitting/standing, why not keep a few copy paper carton boxes to try a standing desk? Check here for inspirational ideas: [http://www.howtogeek.com/99961/how-to-modify-your-existing-desk-to-make-it-a-standing-desk/]. Try to move the chair away from your desk (to a place that is inconvenient to get to). Have a Swiss ball close to your desk so you can alternate between sitting on it or on your chair. 	IF DAY 12, 36, 47
Avoidance/reducing exposure to cues for the behaviour	Suggest the individual to change daily/weekly routines (e.g. stand during phone calls, walking meetings, ...)	<p><i>Notification:</i></p> <ul style="list-style-type: none"> When at work, get off your desk during meal breaks, which helps breaking up your sitting time. To help breaking up sitting time, make this part of your daily routine, such as always standing during phone calls. 	IF DAY 22, 49 IF "SB">60% on previous day/yesterday

		<ul style="list-style-type: none"> • To help increasing your active time, go out for a walk instead of spending more time at home. • When taking public transport, get on further along the route or get off earlier, which helps increasing your active time. • If you can't avoid the lift, get off a few floors early and take the stairs the rest of the way. • During leisure time, if sitting while watching TV, place the remote away from you. Make this part of your TV watching routine. 	
Identification of self as a role model	Inform the individual that if they are active, that may be a good example for their significant others	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Remind yourself why you are trying to be more active and who you are doing it for. You may be a good example for your friends/relatives/co-workers. • Think of yourself as someone who can set a good example for someone attempting similar lifestyle changes. • You can be an inspiration to your friends/relatives/co-workers who are going through the same thing. 	IF DAY 33, 54
Framing/reframing	Suggest that the individual might think of the suggestions as ↓SB rather than ↑PA	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Think of movement as an opportunity, not an inconvenience (e.g. parking the car a little further away from final destination = less time sitting in the car). • Think of household chores as activities that help reducing sitting time when at home (bonus: they also add to your active time) • Why not think of these suggestions as ways to reduce sitting time (rather than increasing activity)? 	IF DAY 9, 13, 42, 47
Verbal persuasion about capability	Tell the individual that they can successfully increase their PA, despite their difficulties at start	<p><i>Notification:</i></p> <ul style="list-style-type: none"> • Reduce your risk by sitting less and increasing your time being active. Making the change is hard, but it gets easier if you stick at it. • Sometimes it is hard to increase activity. If you find you're too tired after a long day to engage in activity, try a little walk. Start slow and build. • Changing habits is hard. Try substituting time that you normally spend sitting with standing. 	IF DAY 5, 10, 15, 20, 36, 41, 52

		<ul style="list-style-type: none"> • When life gets busy, exercise is often the first thing to go. Make it a priority as something is better than nothing and it will help you feel better. • Mix it up. Try different routes, workouts & training partners. Play with different activities to make it work for you. • Small steps lead to the best long term results. Remember: challenging but obtainable. 	
Mental rehearsal of successful performance	Advise to imagine walking and enjoying in a park	<i>Notification:</i> <ul style="list-style-type: none"> • Think of yourself going for a walk and enjoying your time outside. • Think of yourself interrupting periods of sitting and how they may help you feeling re-energised. 	IF DAY 19, 43
Focus on past success	List the previous occasions on which the individual successfully increased their PA/reduced their SB	<i>Notification + link to tab/menu "Tracking Progress":</i> <ul style="list-style-type: none"> • Think about all your good work towards having a more active activity profile. Keep your good habits going! [Link to MENU "Tracking your progress"] 	COUNT number of days where ("MVPA" >=goal OR "SB" <=goal). IF COUNT >=5
Self-talk	Prompt the person to tell themselves (aloud or silently) that a walk will be energising	<i>Notification:</i> <ul style="list-style-type: none"> • Make yourself the target of your own advice and reminders. Tell yourself: "A walk will be energising". • Talk to yourself about a desired outcome: "You can sustain this. Keep it up!" 	IF DAY 11, 52