Table 1. Details of the tool and the PA counselling consultations and proposed Behavioural Change Techniques [29]

Condition 1: Tool		
	Proposed Behavioural Change Techniques (BCT)	**Number according to BCT Taxonomy Abraham and Michie**
Tool widget (continuous)	Prompt specific goal setting	10
	Provide feedback on performance	13
	Prompt review of behavioural goals	11
Tool sessions	Provide general encouragement	6
	Provide general information	1
	Provide information on consequences	2
	Prompt intention formation	4
	Plan social support/social change	20
	Prompt barrier identification	5
Condition 1 and 2: Self-management Support Programme		
Consultation 1	Provide general information	1
	Motivational interviewing	24
	Provide general encouragement	6
	Provide information on consequences	2
	Prompt intention formation	4
Consultation 2	Provide general encouragement	6
	Motivational interviewing	24
	Prompt specific goal setting	10
	Plan social support/social change	20
Consultation 3	Provide general encouragement	6
	Provide feedback on performance	13
	Motivational interviewing	24
	Prompt review of behavioural goals	11
	Prompt barrier identification	5
	Relapse prevention	23
Consultation 4	Provide general encouragement	6
	Provide feedback on performance	13
	Motivational interviewing	24
	Prompt review of behavioural goals	11
	Prompt barrier identification	5
	Relapse prevention	23