

## Tailored letter 1

### Introduction

Explain purpose of letters  
What to expect from the first letter

### Awareness raising regarding PA level

Personal and normative feedback about participant's PA level and PA recommendations  
Compare PA level to PA recommendation  
Compare PA level to similar others (same age and sex)  
Compare PA level to participant's estimation

### Stage-matched advice to change behaviour

<b>No plans/ precontemplator</b>	<b>Contemplator</b>	<b>Preparator</b>	<b>Actor/ Maintainer &lt;60min</b>	<b>Actor/ Maintainer ≥60min</b>
<p><i>Feedback on:</i> -Attitude (pros)</p> <p><i>Stimulate:</i> -Role modelling -Intrinsic motivation</p>	<p><i>Feedback on:</i> -Attitude (pros &amp; cons) -Self-efficacy</p> <p><i>Stimulate:</i> -Role modelling -Intrinsic motivation</p>	<p><i>Feedback on:</i> -PA benefits -Self-efficacy -PA possibilities -Social support</p> <p><i>Stimulate:</i> -Role modelling -Intrinsic motivation -Commitment -Action plan</p>	<p><i>Feedback on:</i> -PA benefits -Self-efficacy -PA possibilities -Social support</p> <p><i>Stimulate:</i> -Role modelling -Intrinsic motivation -Commitment -Action plan</p>	<p><i>Feedback on:</i> -PA benefits -Self-efficacy -Social support</p> <p><i>Stimulate:</i> -Role modelling -Intrinsic motivation -Commitment -Action plan</p>

### Conclusion and preview next letter

## Tailored letter 2

### Introduction

What to expect from the second letter

### Stage-matched advice to change behaviour

<b>No Plans/ precontemplator</b>	<b>Contemplator</b>	<b>Preparator</b>	<b>Actor/ Maintainer &lt;60min</b>	<b>Actor/ Maintainer ≥60min</b>
<p><i>Feedback on:</i> -Attitude (cons) -Self-efficacy -PA possibilities -Social support</p> <p><i>Stimulate:</i> -Role modelling</p>	<p><i>Feedback on:</i> -PA possibilities -Social support</p> <p><i>Stimulate:</i> -Role modelling -Commitment -Action plan</p>	<p><i>Stimulate:</i> -Commitment -Action plan -Coping plan -Habit -Relapse prevention skills</p>	<p><i>Stimulate:</i> -Commitment -Action plan -Coping plan -Habit -Relapse prevention skills</p>	<p><i>Stimulate:</i> -Coping plan -Habit -Relapse prevention skills</p>

### Conclusion and preview next letter