



## Visit 2 and 3 Introduction to Assessment of weight and behaviour performance in past week 2nd/3th visit Evaluate goal Factual and visual feedback on goal performance performance Feedback: attribution of failure to flexible external cause Maintain Due to lack of motivation: decisional balance of advantages confidence If poor goal and disadvantages of old & new behaviour for change performance (failed to execute goal If negative thoughts about one self or change: Answer question on feelings during failure and learn for 6 days or more) how to replace them with positive feelings. Plan coping Assessment of high risk situation in past or future response for high risk situation Guided setting of situation specific coping responses in 2 steps. Option to choose a new behaviour change (when insufficient perceived behavioural control) End of 2nd/3th Summary of personal coping plans. visit. Encouragement to continue with goal pursuit Visit 4 Introduction to Summary of steps pas week: behaviour change 4th visit Assesment of weight Generic information on reasons for monitoring and evaluating body weight. Monitoring and Written and visual feedback of weight development in past weeks, evaluating showing how to observe weight gain by explaning the body weight personalize normal 'weight range'. Learn when to undertake (extra) action Generic information:how to continue with self-regulation without the program. Weight gain Explanation: how to choose a new change? Overview of prevention in looking, deciding and acting for behaviour & weight. the future

Describe means to reward yourself when goals are accomplished → personal reward plan

Certificate of enrollment
-Personalised introduction
-Overview of personal goals and plans

-Overview of steps for WGP

Participants are asked to sign and print the certificate.

Closing message

Commit oneself for

WGP and closing

message