Condition	Personal feedback	
SeqBT [1] condition	→ Health risk appraisal	→ Personal advice about only <u>one</u> self-selected unhealthy lifestyle behaviour
SimBT [2] condition	→ Health risk appraisal	→ Personal advice about <u>all</u> unhealthy lifestyle behaviours
Control condition	→ Health risk appraisal	

[1] Sequential Behaviour Tailoring; [2] Simultaneous Behaviour Tailoring