



A¹⁻⁶ = Associations between the completion of *PRO-FIT** advice modules and the related lifestyle behaviours

B = Association between counselling of the *PRO-FIT** coach and the multiple lifestyle behaviours

C = Association between the telephone booster calls and lifestyle behaviours

D = A + B + C = Association between the complete intervention-package (at least one *PRO-FIT** advice module, face-to-face counselling and at least one telephone booster call) and lifestyle behaviours

MI = Motivational Interviewing; LDL-C = Low Density Lipoprotein Cholesterol