Session 1

Generic information about aim and content of the program

Assessment of demographic characteristics and questions concerning risk perception towards weight gain

Feedback on participants' BMI and their perceived severity and susceptibility beliefs towards weight gain

Generic information about small changes approach and body weight

Optional	Information about required changes to maintain weight or lose a little weight

Goal setting: participants have to select a weight goal: weight maintenance or modest weight loss (5 kg in one year)

Short assessment of physical activity pattern and dietary intake

Feedback on behaviors: it will be indicated which behavior change would fit the participant best

Participants are asked if they want more information about for which behavior change they are most motivated

Optional	Assessment of motivation: attitude, self-efficacy, and social influence beliefs towards physical activity and dietary intake
	Feedback on beliefs and it will be indicated which behavior change fits best with participants' motivation

Goal setting: participants have to select a weight goal: improve physical activity level, dietary intake or both

Summary of goals and overview of session 2

Choose date of next session: continue directly, after one week or choose own date

Session 2

Summary of goals set in session 1 and overview of content session 2

Assessment of weight

Detailed assessment of the chosen behavior change in session 1 (physical activity, dietary intake or both)

Feedback on behavior: it will be indicated which sub-behavior changes can be made to achieve the weight goal

Goal setting: participants have to select specific sub-behavior change(s) within the chosen main behavior (i.e. dietary intake and/or physical activity)

Summary of goals and information about planning

Action planning: for each sub-behavior participants have to form 'if-then' plans by specifying when, where, and how they want to carry out the desired behavior change

Optional	Preparatory planning: participants can form 'if-then' plans for preparations that have to be made before the behavior change can be carried out

Summary of goals and action and preparatory plans

Optional	Information on how to best carry out action and preparatory plans

Generic information about setting rewards

Optional	Setting rewards: participants can specify a future reward for when achieving their weight goal

Summary of goals and action and preparatory plans and overview of session 3. Participants will be instructed and motivated to carry out the behavior change

Choose date of next session: after one week or choose own date

Legend

Bold = video message in video-text intervention

Generic information

Assessment/questions

Tailored feedback

Act for participants

Start behavior change

Session 3

Summary of goals and action plan(s) and overview of content session 3

Assessment of weight

Assessment of the chosen sub-behavior(s) in session 2

Assessment of action plan(s) made in session 2 by asking participants when they failed to carry out their plan(s)

Feedback on sub-behavior(s): it will be indicated whether or not participants achieved their behavioral goal by comparing their current behavior with their behavior in session 2

Feedback on action plan(s): it will be indicated whether or not participants succeeded to carry out their action plan(s) successfully

Assessment of difficult situations: participants are asked if they encountered or expect to encounter situations in which they find it difficult to carry out their action plan(s)

Optional: coping planning	Assessment of difficult situations: per sub-behavior participants can select a maximum of two situations in which they experienced or expected to experience difficulties in carrying out their action plan(s)
	Feedback on how to deal with the selected difficult situation(s)
	Coping planning: participants can choose a coping option for how to deal with the selected difficult situation(s)
	Overview of coping plan(s)

Optional	Generic information on how to deal with difficult situations in general

Summary of goals and action and coping plans and overview of session 4

Choose date of next session: after one week or choose own date

Session 4

This session is identical to session 3, only with the addition of:

After the feedback on sub-behavior(s) and action plan(s): participants have the possibility to change their goals and/or action plan(s). Participants who want to change their goals and/or action plan(s) will go back to session 2 and follow the program again with their new goals and/or new action plan(s)

Optional: after coping planning	After the optional coping planning part, participants are asked if they want to read/view narratives
	Narratives: per sub-behavior participants can read/view two narratives

Session 5

This session is identical to session 4, only with the addition of:

After the assessment of weight, behavior, and action plans, participants will for the first time receive feedback on their body weight during the program. It will be indicated whether or not they achieved their weight goal

Session 6

This session is identical to session 5, only with the addition of a part related to long-term changes at the end of this last session:

Generic information about how to maintain weight (changes) on the long-term

Goal setting: participants have to set a long-term weight goal by selecting a time-frame and desired future body weight

Summary of long-term weight goal and generic information about how to maintain behavior changes on the long-term

Optional	Long-term action plan(s): participants can make new action plan(s) for how to maintain the behavior change on long-term

Summary of goals and action plan(s)

Optional	Recapitulation of the essentials elements of the program

Official ending of the program