

How confident would you say you are that you could manage to increase your PA level? On a scale from 1 to 10, where would you say you are?
→ participant answers '5'

Open question:

Your answer is 5. Why didn't you choose a higher number? Complete the following sentence: *'I'm not totally confident that I could increase my physical activity because...'*

→ participant types 'I'm very busy'

Open question:

Your answer is 5. Why didn't you choose a higher number? Complete the following sentence: *'I'm not totally confident that I could increase my physical activity because...'*

→ participant types 'I'm very busy'

Multiple choice question:

Which option best fits your answer to the previous question?

→ participant chooses option: 'I'm not totally confident that I could increase my physical activity because I have a very busy life'

Multiple choice question:

Your answer is 5. Why didn't you choose a higher number?

Which of the following answer options best suits you?

→ participant chooses option: 'I'm not totally confident that I could increase my physical activity because I have a very busy life'

Open question:

And why didn't you choose a lower number?

Complete the following sentence:

'I do have some confidence that I could increase my physical activity because...'

→ participant types 'I do have a lot of perseverance'

Open question:

And why didn't you choose a lower number?

Complete the following sentence:

'I do have some confidence that I could increase my physical activity because...'

→ participant types 'I do have a lot of perseverance'

Multiple choice question:

Which option best fits your answer to the previous question?

→ participant chooses option: 'I do have some confidence that I could increase my physical activity because I'm a real go-getter'

Multiple choice question:

And why didn't you choose a lower number?

Which of the following answer options best suits you?

→ participant chooses option: 'I do have some confidence that I could increase my physical activity because I'm a real go-getter'

Feedback message:

So on the one hand, you're not sure whether you'd manage to increase your physical activity. This is what you said about it: 'I'm very busy'.

On the other hand you still have some confidence that you could increase your physical activity. This is what you said about it: 'I do have a lot of perseverance'.

Do you already have some ideas about how you would increase your physical activity? With a good plan you would surely be able to become more physically active.

Feedback message:

So you have a very busy life, and therefore you have less confidence that you could manage to increase your physical activity, which is completely understandable. However, you also said that you're a real go-getter. **When you have decided to do something, you go all the way!** Because of that, you still have some confidence that you could increase your physical activity.

Do you already have some ideas about how you would increase your physical activity? What activity would you want to do? **And how could you schedule this in such a way that it would not take too much time?**

With your willpower and a good plan you would surely be able to become more physically active.