

**SESSION 1**  
*Baseline*

**SESSION 2**  
*3 weeks after baseline*

**SESSION 3**  
*6 weeks after baseline*

**SESSION 4**  
*3 months after baseline*

<b>Engaging:</b> intro video coach
<b>Focusing:</b> the participant is asked about his/her favorite PA and receives feedback.
<b>Focusing:</b> feedback on PA behavior: feedback is given on the current amount of PA and how this amount relates to the PA guideline.
<b>Evoking:</b> importance ruler + follow up questions and feedback
<b>Engaging/evoking:</b> videos with narratives on importance of PA
<b>Evoking:</b> the participant is asked about personal important values, and to link these values to PA.
<b>Evoking:</b> expert videos with information about the possible benefits of PA
<b>Evoking:</b> confidence ruler + follow up questions and feedback
<b>Engaging/evoking:</b> videos with narratives on confidence of PA
<b>Evoking:</b> the participant is asked to describe a situation in which he/she succeeded in completing a very challenging task.
<b>Planning:</b> the participant is given the option to make a PA plan
<b>Engaging:</b> outro video coach

<b>Engaging:</b> intro video coach
<b>Evoking:</b> the participant is prompted to identify new reasons for becoming more physically active.
<b>Evoking:</b> if the participant would get more physically active, what would be the consequence in 5 years?
<b>Evoking:</b> the participant is prompted to identify personal strengths that allowed him/her to realize the achievement from the 'looking back' exercise from session 1.
<b>Evoking:</b> expert video with information about PA opportunities
<b>Planning:</b> the participant is asked to indicate how well he/she managed to successfully execute the plan.
<b>Planning:</b> the participant is asked to anticipate on a situation in which it would be difficult to become physically active.
<b>Engaging/planning:</b> videos with narratives on planning
<b>Planning:</b> the participant can choose to adjust the whole plan, adjust parts of the plan, or let the plan unchanged.
<b>Engaging:</b> outro video coach

<b>Engaging:</b> intro video coach
<b>Evoking:</b> importance ruler and ipsative feedback (comparing current importance score with importance score from session 1)
<b>Evoking:</b> confidence ruler and ipsative feedback (comparing current confidence score with confidence score from session 1)
<b>Evoking:</b> tips & tricks: if wanted, participants can indicate which barriers they experience, and they receive tips and tricks about dealing with those barriers.
<b>Focusing:</b> ipsative feedback on PA behavior (comparing current PA with PA from session 1)
<b>Engaging/planning:</b> videos with narratives on coping planning.
<b>Planning:</b> the participant is asked to identify two situations in which he/she did not manage to attain to his/her action plan. Then, they are prompted to come up with a new way of coping with both situations.
<b>Planning:</b> the participant is asked to indicate how well he/she managed to successfully execute the plan.
<b>Planning:</b> the participant can choose to adjust the whole plan, adjust parts of the plan, or let the plan unchanged.
<b>Engaging:</b> outro video coach

<b>Engaging:</b> intro video coach
<b>Focusing:</b> ipsative feedback on PA behavior (comparing current PA with PA from session 1)
<b>Engaging:</b> videos with narratives on motivation
<b>Evoking:</b> the participant is asked to indicate their most important (long term) motivation for living an active life, and what they think is most pleasant about being active.
<b>Evoking:</b> the participant is asked to describe a challenging situation in which he/she still managed to attain to the action plan.
<b>Engaging:</b> outro video coach