

IG-1 & 2: weeks 1-4 for PA/FVC; weeks 5-8 for FVC/PA

Intervention Content

Physical activity (PA)/ Fruit-vegetable consumption (FVC)				Fruit-vegetable consumption (FVC)/ Physical activity (PA)			
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1.Informing about the risk of inactive behavior/ unhealthy diet	1.Learning how to make specific action plans for PA/FVC	1.Reviewing the execution of action plans; adjusting action plans	1.Reviewing the execution of coping plans; adjusting coping plans	1.Informing about the risk of unhealthy diet/ inactive behavior	1.Learning how to make specific action plans for FVC/PA	1.Reviewing the execution of action plans; adjusting action plans	1.Reviewing the execution of coping plans; adjusting coping plans
2.Introducing and prompting the benefits of PA/FVC	2.Providing instruction on how, when and where to perform what type of PA/FVC	2.Finding barriers or difficulties in plan execution; setting coping plans	2. Prompting perceived social support for PA/FVC from significant others. If no support, learn how to seek support (e.g., discuss with roommates or friends about support)	2.Introducing and prompting the benefits of FVC/PA	2.Providing instruction on how, when and where to perform what type of FVC/PA	2.Finding barriers or difficulties with plan execution; setting coping plans	2. Prompting perceived social support for FVC/PA from significant others. If no support, learn how to seek support (e.g., discuss with roommates or friends about support)
3.Setting goals for PA/FVC and general health	3.Taking examples of successful cases about action plan execution	3.Taking examples of successful cases about health behavior adherence to PA/FVC	3.Taking examples of successful cases about behavior relapse prevention for PA/FVC	3.Setting goals for FVC/PA and general health	3.Taking examples of successful cases about action plan execution	3.Taking examples of successful cases about health behavior adherence to FVC/PA	3.Taking examples of successful cases about behavior relapse prevention for FVC/PA
4.Encouraging students to build confidence in PA/FVC	4.Prompting review of health goals	4.Providing encouragement for performing PA/FVC	4.Providing encouragement for performing PA/FVC	4.Encouraging students to build confidence in FVC/PA	4.Prompting review of health goals	4.Providing encouragement for performing FVC/PA	4.Providing encouragement for performing FVC/PA
	5.Providing encouragement for performing PA/FVC				5.Providing encouragement for performing FVC/PA		

		Physical activity (PA) + Fruit and vegetable consumption (FVC)							
		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
		IG-3: 8-weeks for PA and FVC	Intervention Content	1. Informing about the risk of inactive behavior and unhealthy diet 2. Introducing and prompting the benefits of PA and FVC 3. Encouraging students to build confidence in PA and FVC	1. Setting goals for PA and FVC, as well as general health 2. Prompting feedback on PA/FVC performance 3. Encouraging students to build confidence in PA and FVC	1. Learning how to make specific action plans for PA and FVC 2. Providing instruction on how, when and where to perform what type of PA and FVC 3. Taking examples of successful cases about action plan execution 4. Prompting review of health goals 5. Providing encouragement for performing PA and FVC	1. Reviewing the execution of action plans; adjusting action plans 2. Taking examples of successful cases about action plan execution 3. Providing encouragement for performing PA and FVC	1. Finding barriers or difficulties with plan execution; setting coping plans 2. Taking examples of successful cases about health behavior adherence to PA and FVC 3. Providing encouragement for performing PA and FVC	1. Reviewing the execution of coping plans; adjusting coping plans 2. Taking examples of successful cases about health behavior adherence to PA and FVC 3. Providing encouragement for performing PA and FVC

Placebo control group	Placebo Treatments	Leisure tourism		Winter warmth		Emotion regulation		Music & Movie	
		Introduction to five tourist attractions in Hong Kong	Introduction to five tourist attractions in Hong Kong	Five life tips for keeping warm in winter	Acupressure massage skills for keeping warm in winter	The use of three essential oils for relaxation and emotion adjustment	The use of three general psychological skills for regulating emotions	Introduction to three types of light music for relaxation	Introduction to three interesting movies for relaxation