

Behavior change techniques (BCTs)	Intervention session
<ul style="list-style-type: none"> <li>➤ Provide information about health consequences 5.1 (e.g., risks of unhealthy behaviors in general with epidemiological data; benefits of health behaviors to the individual)</li> <li>➤ Goal setting 1.1 (e.g., PA and FVC behaviour change)</li> <li>➤ Goal setting 1.3 (e.g., general health, weight management, energy balance)</li> </ul>	IG-1&2: Week 1 & 5; IG-3: Week 1 & 2
<ul style="list-style-type: none"> <li>➤ Action planning 1.4</li> <li>➤ Provide instruction on how to perform the behaviour 4.1</li> </ul>	IG-1&2: Week 2, 3, 6 & 7; IG-3: Week 3 & 4
<ul style="list-style-type: none"> <li>➤ Problem solving 1.2 ( e.g., barrier identification/relapse prevention/coping planning)</li> <li>➤ Discrepancy between current behavior and goal 1.6</li> </ul>	IG-1&2: Week 3, 4, 7 & 8; IG-3: 5 & 6
<ul style="list-style-type: none"> <li>➤ Social support (unspecified) 3.1</li> </ul>	IG-1&2: Week 4 & 8; IG-3: Week 7 & 8
<ul style="list-style-type: none"> <li>➤ Prompt review of behavioural goals 1.5</li> <li>➤ Prompt review of outcome goals 1.7</li> <li>➤ Prompting feedback on behavior 2.2</li> <li>➤ Facilitate social comparison 6.2 (e.g., take other people’s successful examples)</li> <li>➤ Prompt social reward 10.4 (e.g., written encouraging praise)</li> <li>➤ Prompt verbal persuasion about capability 15.1 (e.g., tell the participants that they can successfully perform the wanted behavior)</li> </ul>	IG-1&2: Week 2,3,4,6,7,&8; IG-3: Week 2-8