

Myplan 2.0. Screenshots of the mobile application

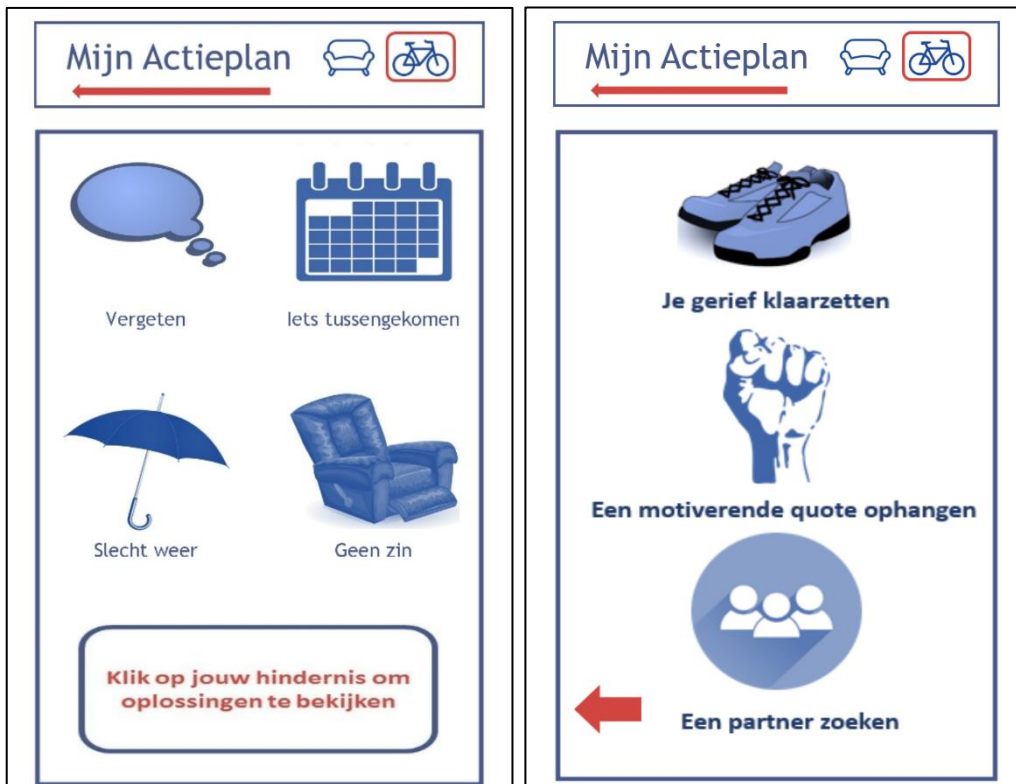
Figure 1a. Action planning module: revising and adapting plans



Translation:

“Below you can find your goals to do more active transport. You can adapt your goals by tapping on the pencil icon.”

Figure 1b. Coping planning module: hindrances and solutions



Text in red:
“Tap on a hindrance to find solutions”

Figure 1c. Monitoring module

Mijn Actieplan  

In hoeverre is het jou **vandaag** gelukt om meer te bewegen dan je vroeger deed?

1 Niet gelukt

2 Niet goed gelukt

3 Redelijk gelukt

4 Goed gelukt

5 Heel goed gelukt

OK



Translation:

“Today, to what extent did you move more than you did before?”

1= not succeeded

5= very well succeeded

Figure 1d. Quizzes

Mijn Actieplan  

Wat verbruikt het meest calorieën per uur? wandelen of strijken?

Wandelen Strijken

Translation:

“With which kind of movement you use the most calories? Walking or ironing?”