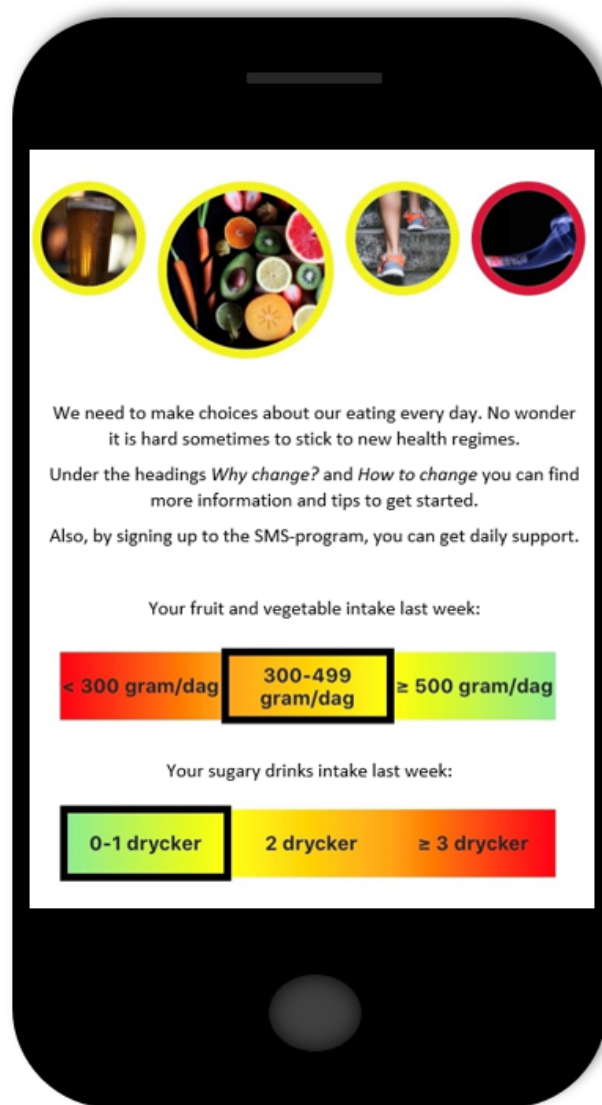



Figure S1: Screenshots of the LIFE4YOUth intervention





We need to make choices about our eating every day. No wonder it is hard sometimes to stick to new health regimes.

Under the headings *Why change?* and *How to change* you can find more information and tips to get started.

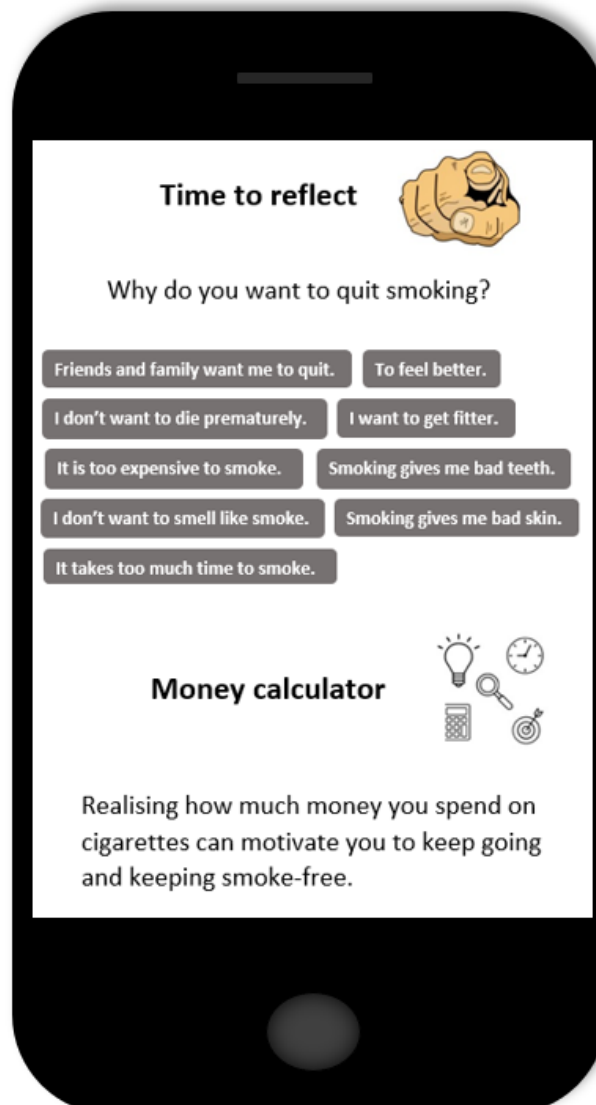
Also, by signing up to the SMS-program, you can get daily support.

Your fruit and vegetable intake last week:


< 300 gram/dag 300-499 gram/dag ≥ 500 gram/dag

Your sugary drinks intake last week:

0-1 drycker 2 drycker ≥ 3 drycker



Time to reflect



Why do you want to quit smoking?

Friends and family want me to quit. To feel better.


I don't want to die prematurely. I want to get fitter.

It is too expensive to smoke. Smoking gives me bad teeth.

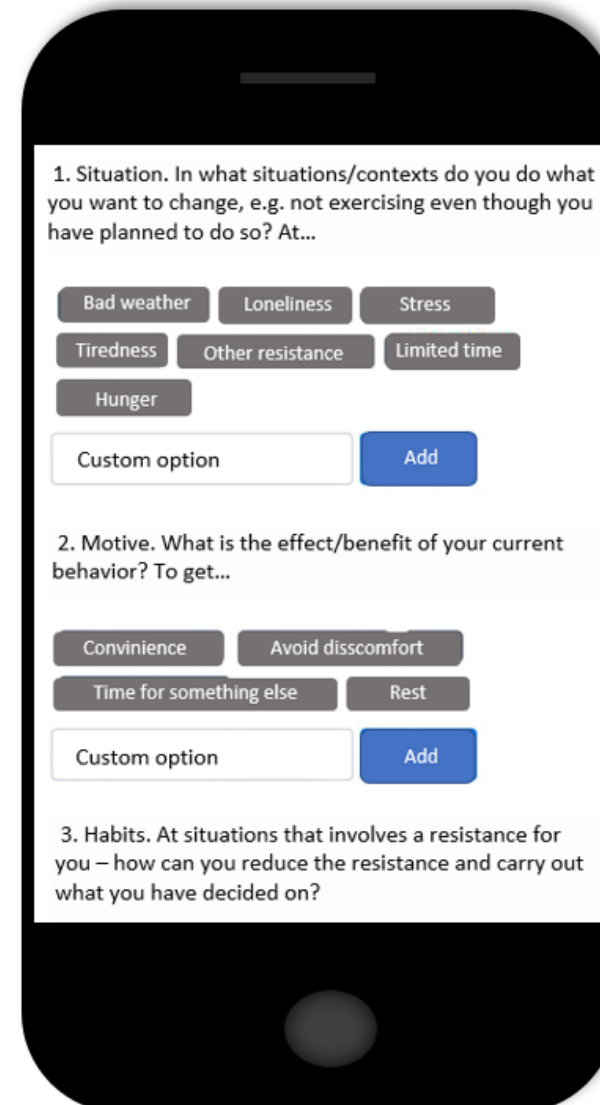
I don't want to smell like smoke. Smoking gives me bad skin.

It takes too much time to smoke.

Money calculator



Realising how much money you spend on cigarettes can motivate you to keep going and keeping smoke-free.



1. Situation. In what situations/contexts do you do what you want to change, e.g. not exercising even though you have planned to do so? At...

Bad weather Loneliness Stress

Tiredness Other resistance Limited time

Hunger

Custom option Add

2. Motive. What is the effect/benefit of your current behavior? To get...

Convenience Avoid discomfort

Time for something else Rest

Custom option Add

3. Habits. At situations that involves a resistance for you – how can you reduce the resistance and carry out what you have decided on?