Supply tool and register (day 1)

Preparation for goal setting (day 10)

Diary sessions (day 7-13)

Remarks of the day (every day)

Set up activity plan (day 16)

Feedback sessions

Monitoring of activity and automated feedback related to the degree of achievement of day goals

Pre-measurement of activity pattern

Dialogue sessions and feedback on app and website

Consultation 1
Assess motivation and awareness physical activity pattern (SQUASH)
Advise risk communication sedentary lifestyle

Consultation 2
Agree goal setting daily physical activity based on pre-measurement
Assist explore local activities
Arrange social support SMART activity planning

Consultation 3
5 A’s
Feedback on results
Review and/or reconsideration of previously set goals
Discuss barriers and facilitators
Development of habits
Agree on follow-up

Consultation 4
5 A’s
Feedback on results
Discuss barriers and facilitators
Development of habits
Agree on follow-up: monitoring physical activity in usual care

Group 1 and 2 SSP

Group 1 Tool

Group 1, 2 and 3 care as usual (0-3 regular consultations)