Programme Objectives

Establish a pattern of regular physical activity
Establish healthy eating practices

Behavioural Determinants

- **psychological determinants**
  - motivation
  - self-efficacy
  - attitudes

- **environmental determinants**
  - cost
  - distance to travel
  - travel options
  - opening times
  - working hours
  - availability of equipment
  - physical environment

- **personal resources**
  - time management skills
  - social support
  - prior experience of PA/healthy eating
  - stability of daily routine/working hours
  - time commitments

- **intervention related determinants**
  - relationship with advisor
  - perceived relevance/importance
  - perception of potential benefit
  - task clarity
  - feedback/perceived improvement

**proximal performance objectives**

- Climate supportive of self-determined motivation (i.e., need support)
- Set graded tasks
- Encourage reflection on prior success
- Tailor information to align with priorities

- Multi-site service
- Free use of facilities
- Provision of incentives
- Flexible appointment system

- Recruitment in friendship groups
- Flexible appointments
- Promotion of habit formation

- Autonomy supportive advisor style
- Presentation of convincing rationale
- Provision/facilitation of regular feedback