1) Introduction, explain purpose and what to expect from the letter

2) Specific behavioral feedback about targeted behavior(s)
   a) Current behavior(s) compared to recommendation
   b) Current behavior(s) compared to participants’ estimation
   c) Current behavior(s) compared to others of the same age

3) Stage-matched advice to change behavior(s)
   - No change plans
   - Precontemplator
     - Feedback on advantages
   - Contemplator
     - Feedback on advantages and disadvantages
     - Feedback on advantages, disadvantages and action plans
   - Preparator
     - Feedback on self-efficacy expectations and action plans
   - Actor or maintainer
     - Feedback on action plans

4) Conclusions and preview of the next letter