Figure 1a. Defining an action in the action planning module: “how will I do it?”

Figure 1b. Defining an action in the action planning module: “What will I do?” “When will I do it?” “Where will I do it?”
Figure 1c. The coping planning module: potential hindrances.

Translation: “Living up to a new plan is not always easy. Research shows that it is really important to consider potential hindrances in advance. When this hindrance appears, you will have an immediate solution at hand!”

Figure 1d. The coping planning module: possible solutions for hindrances.

The text in red is a success story.
Figure 1e. Example of a quiz question

Translation: “Is the following statement true or false? If you move more, you will have more chance to develop muscle and joint pain”

Figure 2f. Solution and information of the quiz question

Translation: “Your answer was correct! More movement will reduce your chance on muscle and joint pain”