Figure 1a. Action planning module: revising and adapting plans

Translation:
“Below you can find your goals to do more active transport. You can adapt your goals by tapping on the pencil icon.”

Figure 1b. Coping planning module: hindrances and solutions

Text in red:
“Tap on a hindrance to find solutions”
Figure 1c. Monitoring module

Translation:

“Today, to what extent did you move more than you did before?”

1 = not succeeded
5 = very well succeeded

Figure 1d. Quizzes

Translation:

“With which kind of movement you use the most calories? Walking or ironing?”