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Health Self-Management Applications in the Workplace

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Appendix

Appendix 1: Examples of feedback messages

Performance feedback condition

Feedback on request (available through the Fitbit One):

- Current daily step count
- Current number of stairs taken
- Estimated number of calories burned today
- Estimated distance walked today

Feedback by e-mail (sent on average once a week):

- Daily step count for the last 7 days
- Daily number of stairs taken for the last 7 days
- Number of minutes per day of daily activity (low, medium or high intensity)

Developmental feedback condition

Feedback on request (available through the Fitbit One):

- Current daily step count
- Current number of stairs taken
- Estimated number of calories burned today
- Estimated distance walked today

Feedback by e-mail (sent on average once a week):

- Daily step count for the last 7 days
- Daily number of stairs taken for the last 7 days
- Number of minutes per day of daily activity (low, medium or high intensity)

Added in week 1:

- Information on low, medium and high intensity activity
 - o Feedback on activity levels
 - o Advice on how to alter activity levels
 - o Link to website with more information about these activity levels

Added in week 2:

- Information on medium intensity activity and increasing physical activity
 - o Feedback on medium intensity activity level

- Information about activities that are of medium intensity
- Advice on how to set goals and reach goals regarding physical activity levels

Added in week 3:

- Information on high intensity activity and exercising together
 - Feedback on high intensity activity level
 - Information on how exercising with others can affect and improve behaviour
 - Link to website where people can find a 'Beweegmaatje' (someone to exercise with)

Added in week 4:

- Information on continuing behavioural change
 - Feedback on activity levels
 - Information on how to persist behavioural change
 - Mitigation strategies to avoid risks that keep one from exercising

