

## Codebook

<b>Code</b>	<b>Description</b>	<b>Total Count</b>	<b>Sample Quotes</b>
Prompts and cues	Introduce or define environmental or social stimulus with the purpose of prompting or cueing the behaviour.	15	"[the app] reminds me, pulling me into moments where I remember to do things" "a time threshold alarm, to get up after an hour, would be helpful" "a reminder is good, but life interferes" "vibration to remind you to get up and go out" "like that it prompts me to pay attention" "reminders and prompts keep me on my streak" "reminders at intervals to move" "record when I start sitting and something pops up to prompt every 15 minutes"
Self-monitoring of behaviour	Establish a method for the person to monitor and record their behaviour	13	"Tracking kept me accountable." "Keeping track of my steps makes me more accountable and aware of how much I walk" "increase my awareness" "tracking progress" "this interview made me think about my sitting"
Goal setting	Set or agree on a goal defined in terms of the behaviour to be achieved.	8	"I'd like to set up prompts to purposely walk around every hour." "I would set up notifications to stand up or stretch" "walk around between work processes" "get up every 15 minutes" "purposefully walk around every hour" "satisfaction of hitting goals"
Feedback on behaviour	Monitor and provide informative or evaluative feedback on performance of the behaviour	5	"like to see all my activity in a dashboard" "seeing when my goals are achieved" "checked out the display of my goal on my watch" "I want to know how many times I did it" "knowing how many times I hit my goal"
Instruction on how to perform the behaviour	Advise or agree on how to perform the behaviour	5	"[the app I use] gives me guidance around activities I can do that promote a more healthy life." "Getting ideas for different workouts" "Give me suggestions as to why I should get up (You should do 10 squats)" "learning new exercises to do"

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Social support (unspecified)	Advise on, arrange or provide social support, including encouragement and counselling directed at the behaviour.	2	"encouraging other team members" "group challenges - working as a team, I'll make more of an effort"
Discrepancy between current behaviour and goals	Draw attention to discrepancies between a person's current behaviour and the person's previously set goals	1	"When I used a [fitness tracker], I would add more activity if I was low by mid-day"
Social reward	Arrange verbal or non-verbal reward if there has been effort and/or progress in performing the behaviour.	1	"I like the sense of accomplishment when I reach a goal"