Themes	Suggestions/comments
Notebook	Use the notebook to make an action plan
	Use the notebook to write out comments
	Making notebook public vs. private
	Make notebook available directly in the application (digital notebook)
	Possibility to have a printable or orderable notebook
	Receiving a notebook as a "gift" is motivating
	Could be used as a reward system (notion of progress)
Images	Fostering ethnic diversity
	Promote body diversity
	Favoring the diversity of activities
	Eye-catching and positive images
	Images allowing for multiple diversities
	Images with various ethnicities
	Images with body diversity
	Image with landscape diversity
	Image with people with disabilities
	Realistic rather than idealistic images
	Using images as an activity
	Using images as a recruitment tool
Questionnaires	Make the questionnaires more dynamic
	Present the physical activity questionnaire in a table format
	Define the concepts at the beginning of the questionnaire
	Too long
	Some questions are ambiguous
	Questions not asked in the right order (have a better distinction between sections)
	Questions about Alzheimer's are abrupt (may cause anxiety)
	Two "misleading" questions about Alzheimer's disease
	Better characterize research questionnaires
	Put *Brain Health Pro* questionnaires before research questionnaires
	Distribute the research questionnaires across the chapters
Interactive activities	Make activities more interactive (social map, interest list)
	Have more cognitively engaging activities
	Revisit the complexity of the questions or have multiple levels of complexity
	Activities that promote the encoding of information
	Alternate between text and images in the activities
	Combine quiz and action plan
	Add a personal or emotional touch to activities
	Provide optional challenges in addition to the activities
Contact with participants (emails)	Have an automated newsletter/email
	Personalize the email with the participant's progress

	Concrete and to the point emails (not too long)
	Include positive and critical testimonials in emails
Contact between participants (social activities)	Addition of online chat
	Ability to zoom in and out
	Opportunities for face-to-face meetings
	Peer support
	Testimonials from other users
	Group activity/support groups via municipal libraries
	Group activity/support groups via community centers
	Have a group session facilitator
	Partner organizations offer program and social activities
	Have a facilitator's guide for group activities
	Possibility of joining existing organizations
	Have one meeting with the expert and the facilitator
	Second meeting to deepen understanding
	Difficult to follow the groups if people do not start the program at the same time
	Number of meetings vary according to the modality (virtual vs. face-to-face)
	Expert vignettes that are recorded and can be listened to before the meeting
	Time to consider (caregivers have time constraints)
	Additional activity in the program
	Order of meetings does not yet follow the order of the modules (because of risk factors)
	Vary the formula between settings
	Facilitator Toolkit (with key messages)
Gamification	Move more towards a progress vs. a game perspective
	The score should not be in the foreground
	Have a progress bar to estimate how long it will take
	Choice of interface for people who want the fun aspect
	Point system is not clear
	We need to explain the reward system, contextualize it
Introductory video	Very long
	Too many details
	See the module right after the questionnaires and the intro video
	Make it less complex (keep it simple)
	Make it more engaging
	Disperse introductory information over several weeks
	Possibility to have a glossary
Technical assistance	Presence of a webmaster to help participants
	Presence of frequently asked questions (FAQ)
Platform	Keep the platform very simple
	Unable to change text size in chapters
	Poorly chosen color contrast/ colors

Search	Put everything related to the research project in a separate tab
	Have a dynamic video that explains what people are asked to do in the study
Recruiting	Using images for recruitment
	Using partnerships to recruit
	Word of mouth recruitment
	Recruiting people who are retiring
Data collection	Document the process of how people complete the program
	Separate questionnaires (individual) and modules (groups)
	One screen for viewing, but registration for each participant