Themes	Suggestions/comments
	Use the notebook to make an action plan
	Use the notebook to write out comments
	Making notebook public vs. private
Notebook	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)
	Fostering ethnic diversity
	Promote body diversity
	Favoring the diversity of activities
	Eye-catching and positive images
	Images allowing for multiple diversities
Images	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
	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
Questionnaires	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	Have an automated newsletter/email
participants (emails)	Personalize the email with the participant's progress

Include positive and critical testimonials in emails 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 Participants (social participants (social participants (social participants (social participants) Have one meeting viith 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) 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 Very long Too many details See the module right after the questionnaires and the intro video Make it loss complex (keep it simple) Make it more engaging Disperse introductory information over several weeks Possibility to have a glossary Presence of a webmaster to help participants Presence of frequently asked questions (FAQ) Keep the platform very simple Unable to change text size in chapters Poorly chosen color contrast/ colors		Concrete and to the point emails (not too long)
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 Have a facilitator's guide for group activities Have a facilitator's guide for group activities 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) Move more towards a progress vs. a game perspective The score should not be in the foreground Have a progress har 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 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 Presence of frequently asked questions (FAQ) Keep the platform very simple Unable to change text size in chapters		Include positive and critical testimonials in emails
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Platform Unable to change text size in chapters	Platform	Keep the platform very simple
Poorly chosen color contrast/ colors		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