Overview of the themes and subthemes

Self-regulation technique		Number of participants mentioning it positively	Number of participants mentioning it negatively
Website in general			
	Awareness	19	5
	User-friendliness	20	16
	Lay-out	17	12
	General perception	19	16
	Personal relevance	17	11
	Time-efficiency	20	11
	Motivational value	19	14
Goal setting		0	6
Providing information on the consequences of the behaviour			
	Informing value	11	16
	Knowledge	20	7
Providing feedback on performance			
	Awareness	9	1
	Personal relevance	11	1
	Motivational value	9	7
Action planning			
	Motivational value	19	7
	User-friendliness	17	10
Barrier identification/problem-solving			
	Motivational value	14	11
	User-friendliness	9	13
Prompting self-monitoring of behaviour			
	User-friendliness	7	9
	Motivational value	15	15
Plan social support			
	Motivational value	4	3
Prompt review of behavioural goals			
	Motivational value	8	0
Tips: prompting rewards, prompting focus on past success, providing instructions, teaching to use prompts/cues and prompting self-talk			

User-friendliness	12	9
Motivational value	18	13