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Table: Overview of studies

Serial number	Paper reference	Objective	Intervention presentation	Intervention generation	Intervention generation technique	Theoretical model	Personalization	User model
1	Vandelanotte et al [1]	Healthy lifestyle	Website	Automatic	Knowledge-based	TPB <sup>a</sup> and TTM <sup>b</sup>	Goal and activity recommendation and educational and motivational content	PA <sup>c</sup> profile, demographics, BCT <sup>d</sup> parameters, and contextual information
2	Ahire et al [2]	Healthy lifestyle : diet and exercise	Website	Automatic	Knowledge-based and data-driven–decision tree	—	Activity recommendation	PA profile, demographics, medical data, and contextual information
3	Mukhtar [3]	Healthy lifestyle:	Mobile app	Automatic	Knowledge-based	Fogg’s Behav	Activity recommendation	PA profile,

		exercise and diet	widget			ior Model and various clinical guidelines for health care	ndation and intervention timing	demographics, medical data, and contextual information
4	Tseng et al [4]	Healthy lifestyle : exercise and diet	Website and mobile app	Semiautomated	Knowledge-based	—	Goal and activity recommendation	PA profile and medical data
5	Storm et al [5]	Healthy lifestyle : exercise and fruits and vegetable consumption	Website	Automatic	Knowledge-based	HAPA <sup>e</sup>	Educational and motivational content	PA profile, demographics, and BCT parameters
6	Schulz et al [6]	Healthy lifestyle : PA, diet, alcohol, and smoking	Website	Automatic	Knowledge-based	I-Change Model	Motivational content	PA profile, demographics, medical data,

								and contextual information
7	Hermens et al [7]	Healthy lifestyle : personalized coaching system	Mobile app	Automatic	Combined knowledge-based and data-driven	Stage of change model	Goal and activity recommendation, motivational content, intervention timing	PA profile, demographics, BCT parameters, and contextual information
8	Lee et al [8]	Healthy lifestyle : exercise and diet	Website	Automatic	Knowledge-based	American Cancer Society guidelines and TTM	Goal and activity recommendation and motivational and educational content	PA profile, demographics, BCT parameters, and contextual information
9	Fahim et al [9]	Increase PA	Any device from API <sup>f</sup>	Automatic	Combined knowledge-based and data-driven	Centers for Disease Control	Activity recommendation	PA profile, demographics, and

						l and Preven tion guideli nes		context ual informa tion
10	Dharia et al [10]	Increase PA	Mobile app	Automa tic	Data- driven:collab orative filtering	—	Activity and fitness partner recomme ndation and interventi on timing	PA profile, demogr aphics, and context ual informa tion
11	Rabbi et al [11]	Increase PA	Mobile app	Automa tic	Data- driven:multi armed bandit and pareto frontier	Princi ple of SCT <sup>g</sup> and Fogg's Behav ior Model and TTM	Goal and activity recomme ndation	PA profile, demogr aphics, and context ual informa tion
12	Twardo wski et al [12]	Increase PA	<sup>h</sup>	Automa tic	Data- driven:reco mmendation system	—	Goal and activity recomme ndation	PA profile, demogr aphics, medical data, and context

								ual informa tion
13	Yom- Tov et al [13]	Increase PA	SMS <sup>i</sup>	Automa tic	Data-driven reinforceme nt learning	—	Motivati onal content	PA profile and demogr aphics
14	Lim et al [14]	Increase PA	Mobile app	Automa tic	Data-driven- RNN <sup>j</sup>	—	Activity recomme ndation and interventi on timing	PA profile and context ual informa tion
15	Cook et al [15]	Increase PA	Websit e	Automa tic	Knowledge- based	TPB and SCT	Educatio nal and motivatio nal content	PA profile, demogr aphics, and BCT paramet ers
16	Larsen et al [16]	Increase PA	Websit e	Automa tic	Knowledge- based	SCT and TTM	Educatio nal content	PA profile, demogr aphics, medical data, and BCT

								parameters
17	Short et al [17]	Increase PA	Print, website	Automatic	Knowledge-based	SCT	Educational and motivational content	PA profile, demographics, medical data, BCT parameters, and contextual information
18	Boudreau et al [18]	Increase PA	Website	Automatic	Knowledge-based	I-Change model	Educational and motivational content	PA profile, demographics, and BCT parameters
19	Moreau et al [19]	Increase PA	Website	Automatic	Knowledge-based	SCT, TPB, and PA guidelines by Canadian	Educational and motivational content	PA profile, demographics, and BCT parameters

						Diabetes Association		
20	Rajanna et al [20]	Increase PA	Mobile app	Automatic	Knowledge-based	Fogg's Behavior Model	Goal and activity recommendation and intervention timing	PA profile, demographics, and contextual information
21	Irvine et al [21]	Increase PA	Website and printout	Automatic	Knowledge-based	Stage of Change Model	Activity recommendation and educational content	PA profile and BCT parameters
22	Friedrichs et al [22]	Increase PA	Website	Automatic	Knowledge-based	SDT <sup>k</sup> and motivational interviewing	Educational and motivational content	PA profile, demographics, and BCT parameters
23	Blake et al [23]	Increase PA	SMS and email	Automatic	Knowledge-based	TPB	Motivational content	PA profile and BCT

								paramet ers
24	Coolba ugh et al [24]	Increase PA	Visual feedba ck from activit y monito r based on prescri bed PA and websit e	Automa tic	Knowledge- based	Ameri can Colleg e of Sports Medic ine trainin g progre ssion guideli nes for sedent ary low- risk adults	Goal recomme ndation	PA profile
25	Hargre aves et al [25]	Increase PA	Websit e and messag e	Automa tic	Knowledge- based	PA guideli ne	Goal recomme ndation and motivatio nal content	PA profile, demogr aphics, medical data, and BCT paramet ers



26	Williams et al [26]	Increase PA	Website and email	Automatic	Knowledge-based	Several clinical guidelines	Goal and activity recommendation	PA profile and medical data
27	Kwasnicka et al [27]	Increase PA	Website and SMS	Automatic	Knowledge-based	BCT used	Educational and motivational content	PA profile, demographics, BCT parameters, and contextual information
28	Janols et al [28]	Increase PA	Website and mobile app	Automatic	Knowledge-based	Activity Theory and SDT	Motivational content	PA profile, demographics, medical data, BCT parameters, and contextual information

29	Ali et al [29]	Increase PA	Mobile app	Automatic	Knowledge-based	Center for Disease Control and Prevention guidelines	Goal and Activity recommendation and educational content	PA profile, demographics, and contextual information
30	Mistry et al [30]	Increase PA	SMS and email	Automatic	Knowledge-based	TPB	Motivational content and intervention timing	PA profile, demographics, BCT parameters, and contextual information
31	Peels et al [31]	Increase PA	Website, email, and print	Automatic	Knowledge-based	I-Change Model, TTM, HAPA, Self-regulation Theor	Activity recommendation and educational and motivational content	PA profile, demographics, BCT parameters, and contextual information

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32	Klein et al [32]	Increase PA	Mobile app and website	Automatic	Knowledge-based system	SCT and TTM	Goal and activity recommendation and educational and motivational content	PA profile, demographics, BCT parameters, and contextual information
33	Ammann et al [33]	Increase PA	Website	Automatic	Knowledge-based	TPB and TTM	Educational and motivational content	PA profile, demographics, and BCT parameters
34	Pyky et al [34]	Increase PA	Website	Automatic	Knowledge-based	TTM	Motivational content	PA profile, demographics, BCT parameters, and contextual

								informa tion
35	Varadh arajan et al [35]	Increase PA	Mobile app	Automa tic	<sup>h</sup>	In associ ation with behavi oral scienti sts	Goal and fitness partner recommen dation and motivatio nal content	PA profile, demogr aphics, BCT paramet ers, and context ual informa tion
36	Codrea nu et al [36]	Increase PA	Kinect	Semiaut omated	Knowledge- based system	—	Goal and activity recommen dation	PA profile, demogr aphics, medical data, and context ual informa tion
37	Marsau x et al [37]	Increase PA	Websit e and PDF report	Semiaut omated	Machine learning : decision trees and expert	Protec tion Motiv ation Theor y	Activity recommen dation and educatio nal	PA profile, demogr aphics, and medical

							content	data
38	Alley et al [38]	Increase PA	Website	Semiautomatic	Knowledge-based	TPB and Elaboration Likelihood Model	Goal recommendation and motivational and educational content	PA profile, demographics, BCT parameters, and contextual information
39	Mitchell et al [39]	Increase PA	Website, telephone calls	Semiautomatic	Knowledge-based	SCT and SDT	Goal recommendation	PA profile, medical data, and BCT parameters
40	Oostrom-Caloe et al [40]	Increase PA+medical adherence	<sup>h</sup>	Automatic	Knowledge-based system	Principles of TPB and SCT	Educational and motivational content	BCT parameters
41	De Cocker et al [41]	Reduce workplace sitting time : increase	Website	Automatic	Knowledge-based	SDT, TPB, and self-regulation	Activity recommendation and educational	PA profile, demographics, and

		PA				ion theory	nal and motivational content	BCT parameters
42	Triantafyllidis et al [42]	Rehabilitation	Kinect	Automatic	Knowledge-based	Behavioral change wheel and multiple clinical guidelines	Goal and activity recommendation and motivational content if required	PA profile and medical data
43	Dobrican et al [43]	Rehabilitation	Smart watch+ smartphone app	Semiautomated	Knowledge-based system and doctor recommended target range	—	Goal recommendation	PA profile, demographics, and medical data
44	Hales et al [44]	Weight loss	Mobile app	Automatic	Data-driven recommendation system	SCT	Fitness partner recommendation who provides motivational message	PA profile, demographics, and BCT parameters

45	Martin et al [45]	Weight loss	Mobile app	Semiautomated	Manual and knowledge-based system	Principle of TPB and Theory of reasoned action	Goal recommendation and educational content	PA profile, demographics, and contextual information
46	Spark et al [46]	Weight loss, healthy lifestyle : diet and exercise	SMS	Semiautomated	Knowledge-based	SCT	Goal and activity recommendation, motivational content, and intervention timing	PA profile, demographics, and contextual information
47	Kattelman et al [47]	Weight management	Website and email	Automatic	Knowledge-based	Stage of Change model	Motivational content	PA profile and BCT parameters
48	Partridge et al [48]	Weight management	SMS and call	Semiautomated	Knowledge-based	Process of change and SCT	Motivational content	Demographics and BCT parameters

49	Waltho uwer et al [49]	Weight manage ment :obesity preventi on	Websit e	Automa tic	Knowledge- based	TPB, SCT, TTM, and I- Chang e Model	Educatio nal content	PA profile, demogr aphics, and BCT paramet ers
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<sup>a</sup>TPB: Theory of Planned Behavior.

<sup>b</sup>TTM: Transtheoretical Model.

<sup>c</sup>PA: physical activity.

<sup>d</sup>BCT: behavior change technique.

<sup>e</sup>HAPA: health action process approach.

<sup>f</sup>API: Application programming interface

<sup>g</sup>SCT: Social Cognitive Theory.

<sup>h</sup>: Unclear.

<sup>i</sup>SMS: short messaging service.

<sup>j</sup>RNN: recurrent neural networks.

<sup>k</sup>SDT: self-determination theory.

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