

Multimedia Appendix 2 Design Elements Features Cards

 <p>Goal-setting Set and follow own short and long-term goals</p>	 <p>Game elements Includes motivating & funny gamification elements</p>	 <p>Planning Plan e.g. one day, event, or specific period based on calendar function.</p>	 <p>Motivating messages Praise / positive messages on «bad days» or when almost reaching a target</p>	 <p>Social support virtual coach Provides support on difficult days, or when performing healthy habits / behavior!</p>
 <p>Reminders Reminders about targets or habits to work on</p>	 <p>Wearables / sensors Automatic tracking, measuring & registration</p>	 <p>Practice habits Train on new & just established habits, to learn new routines & make healthy choices</p>	 <p>Suggestions Tips on healthy habits and strategies, e.g., diet, activity, what to do when hungry</p>	 <p>Train on situations / challenges Support training on «tempting» / difficult situations</p>
 <p>Avatar Make own avatar based on oneself or preferences</p>	 <p>Personalization Personal preferences: look and feel or settings (e.g., feedback, reminders etc.)</p>	 <p>Social support healthcare personnel Get feedback & ask questions</p>	 <p>Rewards Points and trophies when reaching goals & target</p>	 <p>Metaphors Motivating metaphors e.g., a garden of flowers: every time a target is reached a flower grow</p>
 <p>Self-monitoring Registrations see connections & possibilities for change</p>	 <p>Social support other users Communication with other users, sharing experiences, competition, cooperation.</p>	 <p>Visualization Presentation of content through animations, graphs, cartoons etc.</p>	 <p>Tailoring Tailoring / adapts based on personal use, e.g., content & tasks based on earlier preferences, time, place.</p>	 <p>Feedback Provides feedback, e.g. on past achievements, rewards and progression in relation on targets & behavior.</p>