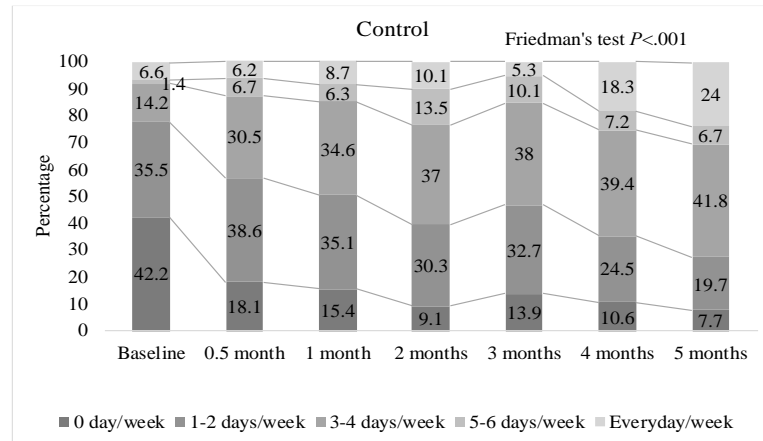
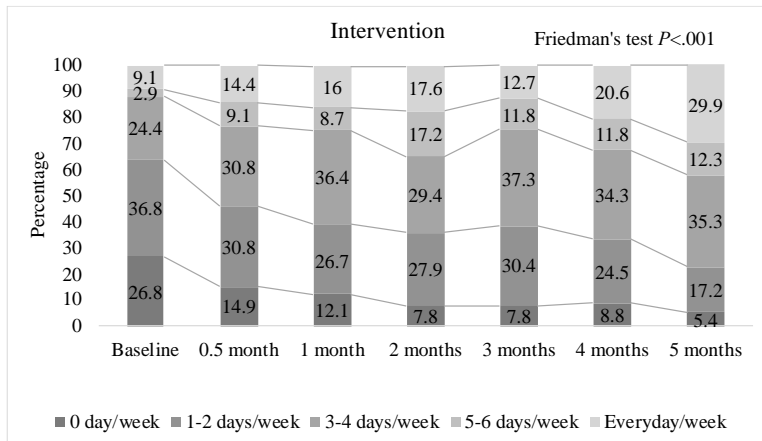


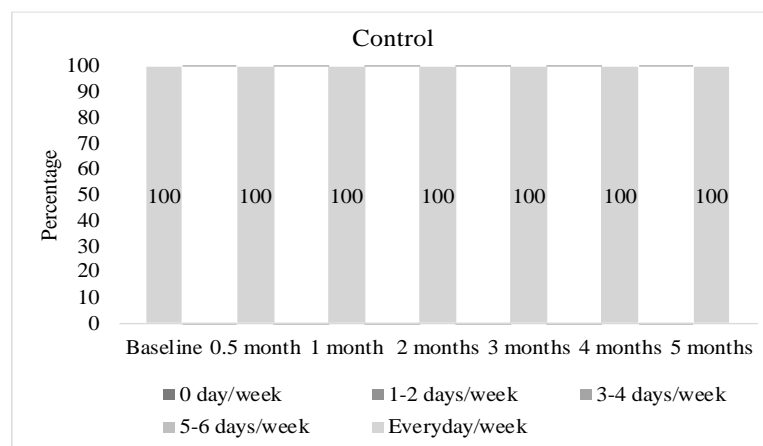
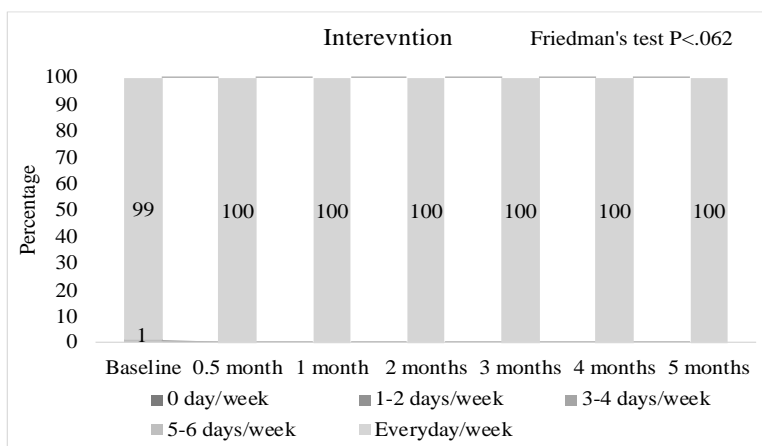
Multimedia Appendix 6

Chronological behavior changes: Figure S3 to S7

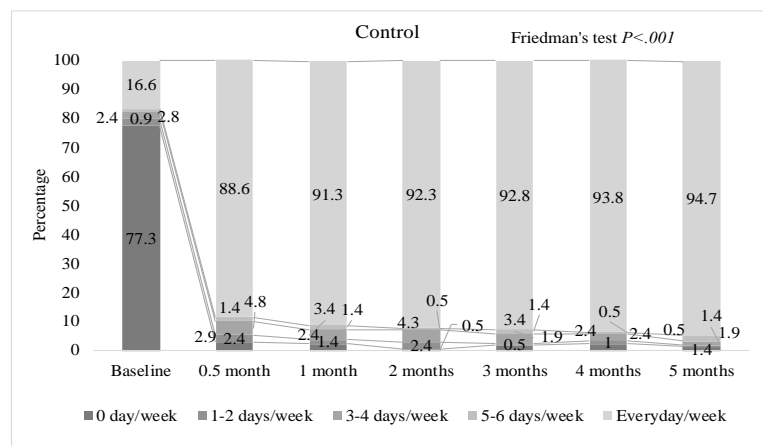
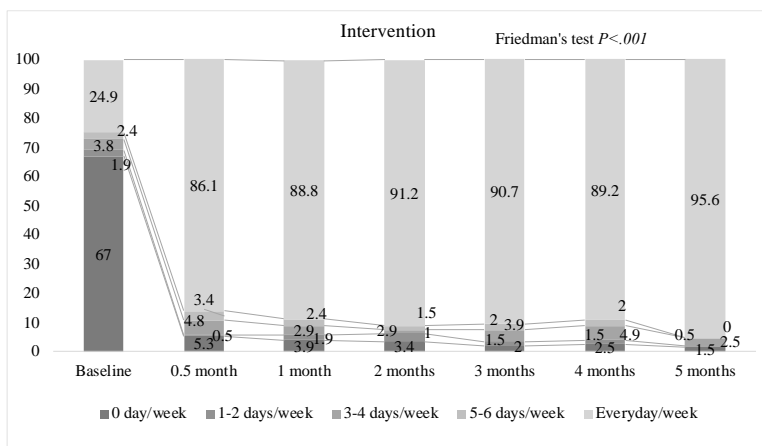
1. Fruits intake (Figure S3)



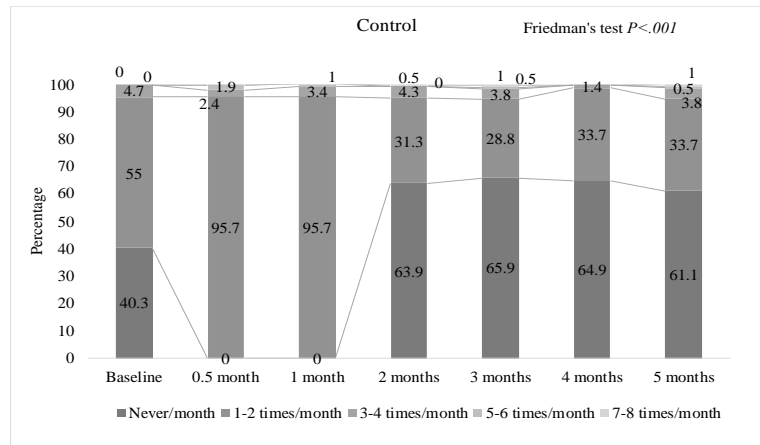
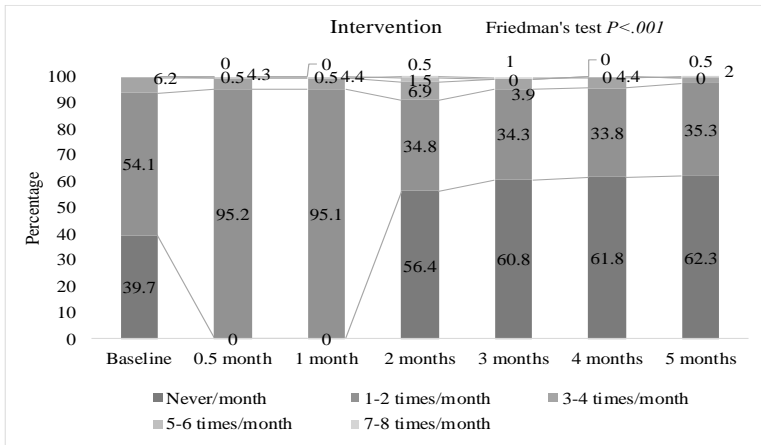
2. Vegetables intake (Figure S4)



3. Physical activity (Figure S5)



4. Blood pressure monitoring (Figure S6)



5. Body weight monitoring (Figure S7)

