









Appendix I: Overview of app content


Timeline	Topic	General description	Medium
		Surgery is like running a marathon	
		Risk behaviour screening questions <ul style="list-style-type: none"> ▪ currently smoking ▪ ≥ 1 alcohol consumption daily ▪ < 30 min moderate-intensity physical activity daily ▪ < 2 days a week muscle- strengthening activities ▪ ≥ 3kg unintentional weight loss in the last month 	
		Patient experience with prehabilitation	
		Benefits of muscle strengthening before major surgery	
		Benefits of protein-rich food before major surgery	
		Benefits of smoking cessation	
		Motivation	
		How to increase your physical activity	
		Social support	
		Benefits of alcohol cessation	
		Effects of alcohol on anesthesia	
		Benefits of prehabilitation	
		Stair climbing	
		Benefits of combining exercise with protein-rich food.	
		Examples of protein rich food	
		The benefits of physical activity	
		Are you physically active for 30 minutes a day?	
		Smoking and taste	
		Smoking cessation support	
		When to consult a dietician	
	Alcohol cessation support.		
	When and what to eat		
	How to exercise		








- 
Do you exercise daily?






- 
Do you eat protein-rich food?





- 
Withdrawal symptoms






- Complications and smoking



- Have you quit smoking?








- 
When to consult a physical therapist





- 
Protein rich food




- 
Did you reduce your alcohol intake?







- 
Combining exercise with protein intake





- Do you exercise daily?






- 
Smoking cessation tips





- 
Social support





- 
How much protein do you need?






- 
Alcohol before surgery






- 
General advice on medication before surgery




- 
General advice on preoperative fasting












- 
Physical activity after surgery



- 
General breathing exercises



- SURGERY**
- 
Physical activity during hospitalization



- 
General breathing exercises

	General		Alcohol
	Physical activity		Text
	Muscle strengthening		Question
	Nutrition		Feedback on behaviour
	Smoking		Video