

Telenet 11:46 89%



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LIFE GOALS



MY AGENDA



SET MISSION



GRAPHS



TOOLS



COINS



#LIFEGOALS



TIPS & TRICKS

HOME CHALLENGES CHATBOT PROFILE

The self-regulation components:

- Set Mission: goal setting and action planning
- My Agenda: goal setting and action planning
- Tools: coping planning
- Graphs: self-monitoring

The narrative:

- #LIFEGOALS

The chatbot:

- Chatbot (in the bottom bar)

Information on the benefits of health behaviors and on relevant (youth) health organizations for further information or support:

- Tips and Tricks

Reward system:

- Coins
- Challenges (to earn extra coins)
- Avatar (left in the upper corner, by clicking on it they could further pimp the avatar)