**Appendix B. Scheme of "self-monitoring messaging".**

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| **WEEK** | **SELF-MONITORING** | **INFORMATION AND TRAINING** |
| week 1  *Sugary drinks* | Hi!!! Question of the day: Did you drink sugary drinks yesterday (fruit juices, sodas , iced tea)? | Tip of the day: Did you know that a can of soda contains about 8 teaspoons of sugar? So much sugar in addition to being an enemy to your diet is harmful to the whole body. Always prefer a nice glass of fresh water, or homemade plain fruit-iced tea which is good for you and quenches your thirst much more! [with attached photo of a can of soda with the equivalent in sugar] |
| week 2  *Physical activity* | Hello xxx. Question of the day: did you exercise yesterday? If so, how many hours or minutes? | Good morning. Tip of the day: Exercise is necessary! Do not use the elevator but taking the stairs or walking to school are great ways to get moving. Try to exercise at least 30-60 minutes a day, you will feel better and lose the excess pounds much faster. |
| week 3  *Breakfast* | Question of the day: did you have breakfast this morning? If so, what did you eat? | Tip of the day: never skipping breakfast makes your metabolism more efficient and decreases hunger throughout the day. It has also been shown that those who eat breakfast have a lower risk of developing overweight and obesity! A healthy breakfast every morning is essential. For your weight loss journey, always prefer healthy foods and limit packaged ones like snacks and cookies. |
| week 4  *Screen-time* | Hello!!! Question of the day: how many hours did you spend yesterday in front of TV, mobile phone and computer. | Tip of the day: Try to limit the use of tablets / PCs / TVs to one hour a day. A sedentary lifestyle is one of the most important risk factors for weight gain, try to do physical activity instead of spending time near the screens !!! |
| week 5  *Sleep* | Good morning! Question of the day: how many hours did you sleep last night? | Tip of the day. During sleep, in addition to recovering the energy lost during the day, you produce hormones that you need to grow. Moreover, those who sleep regularly tend to eat less and not accumulate weight  excess! During growth it is important to sleep at least 9/10 hours a night. A good habit is to always go to sleep at the same time and not use PCs, mobile phones and tablets before falling asleep. |
| week 6  *Fruits and vegetables* | Question of the day: How many servings of fruit and vegetables did you eat yesterday? | Tip of the day: if you want to lose weight permanently it is important to eat five portions of fruit every day, combining them with vegetables whenever possible! In this way, the right amount of vitamins and minerals is introduced. It is also essential to often vary the fruit and vegetables eaten, always preferring the one that is part of the green list, with a lower sugar content. |