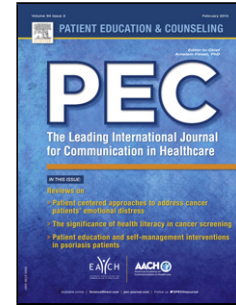


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Title: Acceptability, feasibility and effectiveness of an eHealth behaviour intervention using self-regulation: 'My Plan'

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Highlights

- My Plan is a feasible and acceptable eHealth tool for adults.
- Low educated and older participants evaluated MyPlan as more motivating.
- Some adaptations to the content of the intervention are needed.
- Techniques to prevent high drop-out are needed.
- Adults who used 'MyPlan' ate more fruit and were more physically active.

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