Behavioural Goal Setting

Viewing the intervention in a more practical manner, it will broadly have a usage in 3 different time periods; *Pre-Meal*, *Post-Meal*, and *Reflections*. Below is a brainstorming board of possible intervention components under each usage type.

PRE-MEAL

check stress level meter

rate hunger+ rate craving + rate satiery level

offer help in choice making with decision tree feature

meeting emotional needs in healthy way

body scan

urge surfing, addressing abstinence violation effect

mind bus/ leaves on a...

POST-MEAL

fullness awareness ratings

collect data for progress tracker: such as type of eating event, rate hunger+ rate craving + rate satiery level

record post-event feelings

REFLECTION/ REMINDERS

eat on time before you get too hungryreminder feature?

sit and eat exclusively

focused eating/ taste satisfaction meter

self-monitoring

