Additional file 2: **Table S1** 10 Target eating and activity behaviours plus self-weighing and the 16 automaticity questions

Target Behaviour	Question	Response options
1. Keep to your meal Routine	1. Eating my meals around the same time every day is something I do automatically	
2. Go reduced fat	2. Choosing reduced fat foods is something I do automatically 3. Using high fat foods only sparingly is something I do automatically	
3. Walk off the weight	4. Walking 10 000 steps a day is something I do automatically	
4. Pack a healthy snack	5. Choosing healthy rather than unhealthy snacks is something I do automatically	
5. Look at the labels	6. Reading the labels when buying food is something I do automatically 7. Reading the labels when preparing food is something I do automatically	
6. Caution with your portions	8. Avoiding large portions (except of fruit and vegetables) is something I do automatically 9. Avoiding second helpings is something I do automatically	7-point Likert scale from 'none of the time' to 'all of the time.
7. Up on your feet	10. Standing for at least ten minutes every hour is something I do automatically	
8. Think about your drinks	11. Drinking water and sugar-free drinks instead of other soft drinks is something I do automatically 12. Drinking more than two units of alcohol a day is something I do automatically	
9. Focus on your food	13. Eating at a table is something I do automatically 14. Eating in front of the TV is something I do automatically	
10. Don't forget your 5-a-day	15. Eating at least five portions of fruit and vegetables a day is something I do automatically	
Self-weighing every day	16. Weighing myself is something I do automatically	