Behavior Change TechniqueInterventionType of InterventionGoal setting (behavior)Setting SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals for behavior change. Regular review of these goals.Self-planning, Periodic remindersSelf-monitoring of behaviorKeeping a daily log of dietary intake and physical activity. Using a fitness tracker app to monitor progress.Digital aids, Self-assessmentSocial support (unspecified)Joining a support group, finding a workout buddy, family involvement in dietary choices.Group activities, Social interaction

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