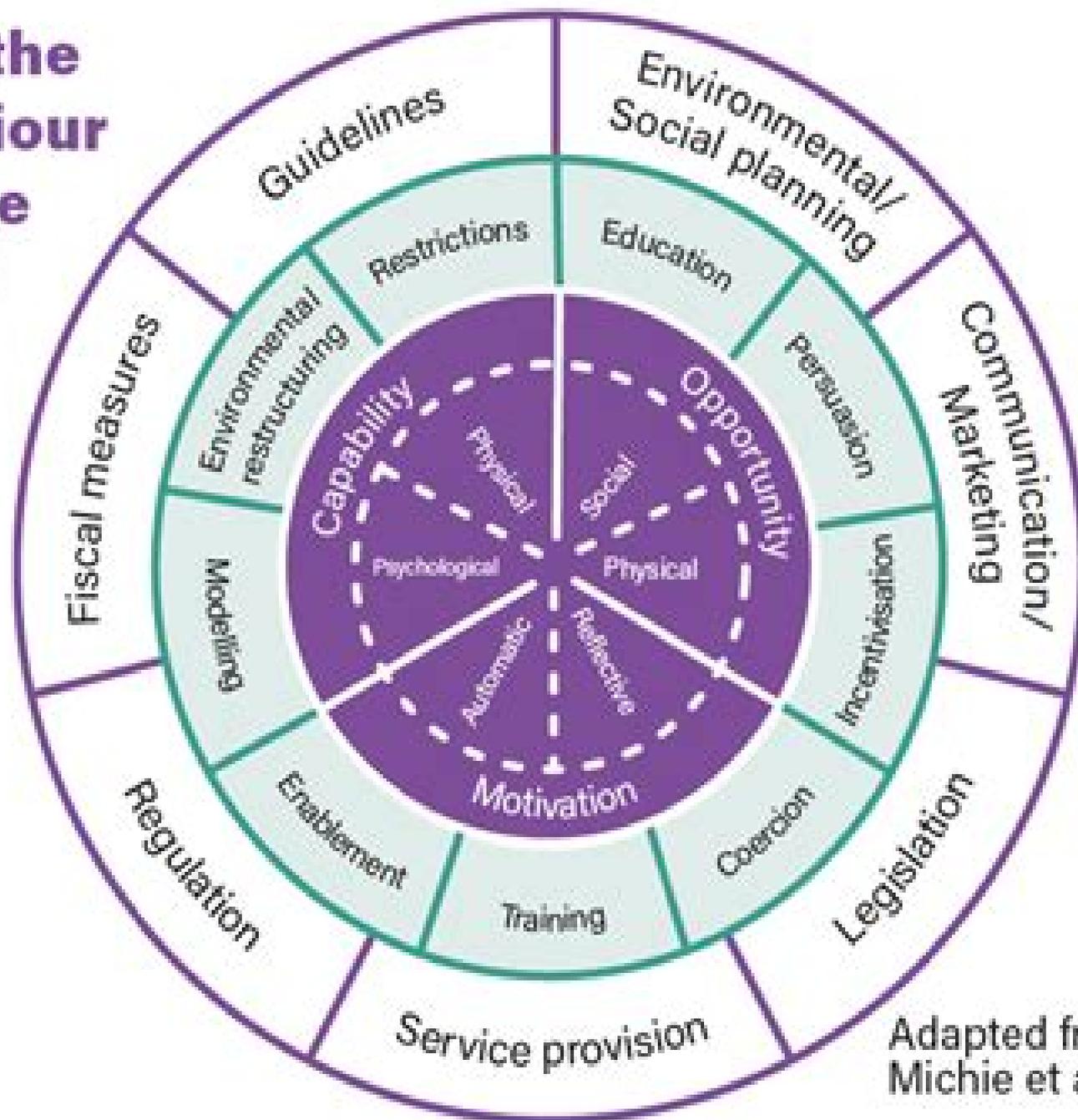


Fig. 1: the Behaviour Change Wheel



Adapted from Michie et al. (2011)

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