Additional file 1: Action-group workbook template

Action-group:
Mechanism name:

A. **Mechanism that contributes to an unhealthy lifestyle among 10-to-14 years old adolescents**

(1) Provide a description of the targeted mechanism based on the academic literature:
(2) Why is the targeted mechanism relevant to adolescents in the transition from child to adolescent?
(3) Why is the targeted mechanism particularly relevant now (in comparison to for example 20 years ago)?

B. How can you disrupt the targeted mechanism based on the Intervention Level Framework (ILF) levels?

Five system levels based on the ILF				
Paradigm	Goals	System structure	Feedback and delays	Structural elements
What are potential leverage points (at each of the 5 ILF levels) for disrupting the targeted mechanism in order for the system to ultimately 'produce' healthy behaviours?				
Which system paradigm needs to be shifted or which new system paradigm is needed?	*Which system goals can help achieve the required system paradigm shift?*	*What changes must take place in the structure of the relevant system to achieve these goals?*	*How can monitoring and feedback positively strengthen the mechanism and how can we possibly built monitoring/evaluation activities for this?*	*What elements in the system can you address with actions that support a shift in the system's paradigm?*
Which actions can help target the leverage point and ultimately aid in achieving systems changes (define action idea in terms of action function and using the S.M.A.R.T criteria)				
What does the AHWP or municipality already do to achieve this action function?				
What can the AHWP or municipality additionally do to achieve this action function?				
Which stakeholders or organizations should be involved in the further development and implementation of this action?				
With which other mechanisms is this action associated?				

Where do you see common ground with PAR / GMB / other LIKE findings?				