

1. Short summary of personas

They were: *Marie*, a 33-year-old married mother of two young children, who is in preparation phase and got the app from her general practitioner; *Klaartje*, a 62-year-old widow, who is in contemplation phase and got the app from a friend; *Leo*, a 49-year-old married man, with three children studying, who is in precontemplation phase.