

S2 Table. Template of a monitoring chart

Implemented activity	
Name activity	
Short description activity	
Lifestyle themes	
Select the lifestyle theme(s) targeted by the activity	
Levels	
Select the level (individual or organizational) on which the activity is implemented	
Time	
How long did the implementation process take	
<i>Date: start of implementation</i>	<i>Date: activity implemented</i>
How many hours per day/week/month were spent on the implementation	
<i>Hours</i>	<i>Per day/week/month</i>

Communication to employees	
Describe how employees were informed about the activity	
Sessions	
If applicable: how many sessions were included in the activity	
<i>Number of sessions</i>	
How many employees participated in each session	
<i>Session</i>	<i>Number of participants</i>