**Supplemental Table 1** Description of the items of the questionnaires targeting the motivational constructs

|  |  |
| --- | --- |
| **Item** | **Question** |
|  | The reason I would eat a healthy diet/engage in sufficient PA is:  |
| TSRQ1 | Because I feel that I want to take responsibility for my own health.  |
| TSRQ2 | Because I would feel guilty or ashamed of myself if I did not eat a healthy diet / engaged in sufficient PA.  |
| TSRQ3 | Because I personally believe it is the best thing for my health.  |
| TSRQ4 | Because others would be upset with me if I did not.  |
| TSRQ5 | I really don’t think about it.  |
| TSRQ6 | Because I have carefully thought about it and believe it is very important for many aspects of my life.  |
| TSRQ7 | Because I would feel bad about myself if I did not eat a healthy diet/engage in sufficient PA.  |
| TSRQ8 | Because it is an important choice I really want to make.  |
| TSRQ9 | Because I feel pressure from others to do so.  |
| TSRQ10 | Because it is easier to do what I am told than think about it.  |
| TSRQ11 | Because it is consistent with my life goals.  |
| TSRQ12 | Because I want others to approve of me.  |
| TSRQ13 | Because it is very important for being as healthy as possible.  |
| TSRQ14 | Because I want others to see I can do it.  |
| TSRQ15 | I don't really know why.  |
|  |  |
| BREQ1 | I engage in eating heathily/PA because it’s fun |
| BREQ2 | I enjoy eating heathily/moving |
| BREQ3 | I find eating heathily/moving a pleasurable activity |
| BREQ4 | I get pleasure and satisfaction from eating healthily/moving |

**Supplemental Table 2** The basic models for dietary sub-behaviors (*n* = 1142)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Fruit | Vegetables | Fish | Unhealthy snacks |
| *Predictors* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* |
| Intercept | 0.60 | 0.28 |  | **0.034** | 80.53 | 21.08 |  | **<0.001** | -0.03 | 0.28 |  | 0.911 | 2.47 | 0.45 |  | **<0.001** |
| Age | 0.01 | 0.003 | 0.10 | **0.002** | 0.13 | 0.20 | 0.02 | 0.501 | 0.02 | 0.003 | 0.19 | **<0.001** | -0.02 | 0.004 | -0.11 | **<0.001** |
| Gendera  | -0.12 | 0.07 | -0.05 | 0.083 | -14.57 | 5.02 | -0.09 | **0.004** | 0.08 | 0.07 | 0.03 | 0.246 | 0.20 | 0.11 | 0.06 | 0.068 |
| Education highb | 0.13 | 0.07 | 0.05 | 0.086 | 35.27 | 5.57 | 0.20 | **<0.001** | 0.20 | 0.07 | 0.08 | **0.007** | -0.19 | 0.12 | -0.05 | 0.111 |
| Education lowb | 0.06 | 0.17 | 0.01 | 0.724 | 18.40 | 12.41 | 0.05 | 0.138 | 0.08 | 0.17 | 0.02 | 0.615 | 1.15 | 0.27 | 0.13 | **<0.001** |
| Marital statusc | -0.02 | 0.07 | -0.01 | 0.816 | 1.80 | 5.31 | 0.01 | 0.735 | 0.13 | 0.07 | 0.06 | 0.062 | -0.04 | 0.11 | -0.01 | 0.736 |
| Workd | 0.11 | 0.07 | 0.05 | 0.128 | -3.17 | 5.27 | -0.02 | 0.548 | -0.16 | 0.07 | -0.07 | **0.024** | -0.31 | 0.11 | -0.09 | **0.006** |
| Impairmente | 0.09 | 0.17 | 0.02 | 0.608 | -9.32 | 12.45 | -0.02 | 0.454 | -0.16 | 0.17 | -0.03 | 0.338 | -0.71 | 0.27 | -0.08 | **0.008** |
| BMI | -0.01 | 0.01 | -0.05 | 0.094 | -0.19 | 0.50 | -0.01 | 0.699 | -0.01 | 0.01 | -0.05 | 0.145 | 0.02 | 0.01 | 0.05 | 0.141 |
| Health status | 0.01 | 0.002 | 0.11 | **0.001** | 0.63 | 0.17 | 0.12 | **<0.001** | 0.005 | 0.002 | 0.07 | **0.037** | -0.01 | 0.004 | -0.05 | 0.134 |
| R2 / R2 adjusted | 0.033 / 0.025 | 0.059 / 0.051 | 0.070 / 0.063 | 0.052 / 0.045 |

*Note.* Bold values indicate significance after Bonferroni correction. B = unstandardized coefficient; SE = standard error for the unstandardized beta; β = standardized coefficient; R2 = explained variance.

a Women are the reference category

b Medium education is the reference category

c No partner is the reference category

d Unemployed is the reference category

e Not physically impaired is reference category

**Supplemental Table 3** The basic models for PA sub-behaviors (*n* = 1127)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | MVPA | Walking | Cycling | Sports |
| *Predictors* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* |
| Intercept | 458.98 | 215.57 |  | 0.033 | -2.30 | 63.05 |  | 0.971 | -56.32 | 49.97 |  | 0.260 | 80.77 | 52.89 |  | 0.127 |
| Age | 3.76 | 2.06 | 0.06 | 0.068 | 3.39 | 0.60 | 0.18 | **<0.001** | 2.12 | 0.48 | 0.14 | **<0.001** | -1.56 | 0.50 | -0.10 | **0.002** |
| Gendera  | 208.05 | 51.51 | 0.12 | **<0.001** | -3.46 | 15.06 | -0.01 | 0.819 | 24.45 | 11.94 | 0.06 | 0.041 | 28.12 | 12.64 | 0.07 | 0.026 |
| Education highb | -216.41 | 57.29 | -0.12 | **<0.001** | 4.13 | 16.75 | 0.01 | 0.805 | -12.96 | 13.28 | -0.03 | 0.329 | 20.12 | 14.05 | 0.05 | 0.153 |
| Education lowb | 216.12 | 128.79 | 0.05 | 0.094 | 38.40 | 37.67 | 0.03 | 0.308 | 18.22 | 29.86 | 0.02 | 0.542 | -40.97 | 31.60 | -0.04 | 0.195 |
| Marital statusc | -41.06 | 54.60 | -0.02 | 0.452 | -13.81 | 15.97 | -0.03 | 0.387 | 12.44 | 12.66 | 0.03 | 0.326 | 2.86 | 13.40 | 0.01 | 0.831 |
| Workd | 57.23 | 54.04 | 0.03 | 0.290 | -2.93 | 15.81 | -0.01 | 0.853 | -40.19 | 12.53 | -0.10 | **0.001** | -36.28 | 13.26 | -0.08 | **0.006** |
| Impairmente | -257.31 | 130.18 | -0.06 | 0.048 | -109.51 | 38.07 | -0.09 | **0.004** | -33.19 | 30.18 | -0.03 | 0.272 | -1.69 | 31.94 | -0.01 | 0.958 |
| BMI | -8.65 | 5.14 | -0.05 | 0.093 | -0.82 | 1.50 | -0.02 | 0.585 | -1.18 | 1.19 | -0.03 | 0.324 | -2.03 | 1.26 | -0.05 | 0.109 |
| Health status | 8.77 | 1.79 | 0.16 | **<0.001** | 0.79 | 0.52 | 0.05 | 0.131 | 1.55 | 0.42 | 0.12 | **<0.001** | 2.74 | 0.44 | 0.20 | **<0.001** |
| R2 / R2 adjusted | 0.078 / 0.070 | 0.045 / 0.037 | 0.069 / 0.061 | 0.067 / 0.059 |

*Note.* Bold values indicate significance after Bonferroni correction. B = unstandardized coefficient; SE = standard error for the unstandardized beta; β = standardized coefficient; MVPA = weekly minutes of moderate to vigorous physical activity; R2 = explained variance.

a Women are the reference category

b Medium education is the reference category

c No partner is the reference category

d Unemployed is the reference category

e Not physically impaired is reference category

**Supplemental Table 4** Results of the regression analyses for dietary sub-behaviors (*n* = 1142)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | Fruit | Vegetables | Fish | Unhealthy snacks |
| *Predictors* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* |
| Intercept | -0.81 | 0.33 |  | 0.015 | 26.14 | 24.96 |  | 0.295 | -0.35 | 0.34 |  | 0.300 | 3.03 | 0.54 |  | **<0.001** |
| Age | 0.004 | 0.003 | 0.05 | 0.123 | -0.19 | 0.20 | -0.03 | 0.364 | 0.02 | 0.003 | 0.19 | **<0.001** | -0.01 | 0.004 | -0.08 | 0.021 |
| Gendera  | -0.04 | 0.07 | -0.02 | 0.545 | -6.50 | 5.02 | -0.04 | 0.195 | 0.09 | 0.07 | 0.04 | 0.168 | 0.10 | 0.11 | 0.03 | 0.345 |
| Education highb | 0.11 | 0.07 | 0.04 | 0.153 | 30.28 | 5.53 | 0.17 | **<0.001** | 0.19 | 0.08 | 0.08 | 0.013 | -0.12 | 0.12 | -0.03 | 0.304 |
| Education lowb | 0.13 | 0.16 | 0.02 | 0.426 | 23.78 | 12.17 | 0.06 | 0.051 | 0.08 | 0.17 | 0.01 | 0.634 | 0.93 | 0.26 | 0.11 | **<0.001** |
| Marital statusc | -0.03 | 0.07 | -0.01 | 0.639 | -0.38 | 5.20 | -0.002 | 0.941 | 0.12 | 0.07 | 0.05 | 0.082 | -0.02 | 0.11 | -0.004 | 0.876 |
| Workd | 0.10 | 0.07 | 0.04 | 0.168 | -4.20 | 5.17 | -0.02 | 0.416 | -0.15 | 0.07 | -0.06 | 0.037 | -0.24 | 0.11 | -0.07 | 0.030 |
| Impairmente | 0.04 | 0.16 | 0.01 | 0.807 | -14.56 | 12.16 | -0.04 | 0.231 | -0.18 | 0.17 | -0.03 | 0.266 | -0.68 | 0.26 | -0.08 | **0.010** |
| BMI | -0.002 | 0.01 | -0.01 | 0.743 | 0.36 | 0.50 | 0.02 | 0.477 | -0.004 | 0.01 | -0.02 | 0.556 | 0.005 | 0.01 | 0.01 | 0.655 |
| Health status | 0.004 | 0.002 | 0.06 | 0.073 | 0.51 | 0.18 | 0.10 | **0.004** | 0.003 | 0.002 | 0.04 | 0.190 | -0.004 | 0.004 | -0.03 | 0.346 |
| Amotivation Diet | 0.03 | 0.03 | 0.04 | 0.336 | -0.01 | 2.25 | -0.0002 | 0.996 | -0.01 | 0.03 | -0.02 | 0.682 | -0.06 | 0.05 | -0.05 | 0.228 |
| Amotivation PA | 0.02 | 0.03 | 0.03 | 0.468 | -1.23 | 2.22 | -0.02 | 0.579 | 0.01 | 0.03 | 0.01 | 0.851 | 0.12 | 0.05 | 0.10 | **0.010** |
| Controlled motivation Diet | -0.01 | 0.04 | -0.01 | 0.748 | -3.29 | 3.14 | -0.05 | 0.295 | -0.07 | 0.04 | -0.07 | 0.124 | -0.10 | 0.07 | -0.07 | 0.137 |
| Controlled motivation PA | -0.01 | 0.04 | -0.01 | 0.792 | -1.31 | 3.01 | -0.02 | 0.664 | 0.06 | 0.04 | 0.07 | 0.129 | 0.19 | 0.07 | 0.14 | **0.004** |
| Autonomous motivation Diet | 0.20 | 0.05 | 0.22 | **<0.001** | 9.43 | 3.52 | 0.14 | **0.008** | -0.03 | 0.05 | -0.03 | 0.512 | -0.34 | 0.08 | -0.23 | **<0.001** |
| Autonomous motivation PA | -0.07 | 0.05 | -0.07 | 0.171 | -0.88 | 3.69 | -0.01 | 0.812 | 0.00 | 0.05 | 0.003 | 0.957 | 0.29 | 0.08 | 0.19 | **<0.001** |
| Intrinsic motivation Diet | 0.14 | 0.04 | 0.13 | **0.001** | 13.37 | 3.01 | 0.16 | **<0.001** | 0.11 | 0.04 | 0.10 | **0.006** | -0.07 | 0.07 | -0.04 | 0.262 |
| Intrinsic motivation PA | 0.10 | 0.04 | 0.10 | **0.008** | -3.45 | 2.73 | -0.05 | 0.208 | 0.02 | 0.04 | 0.02 | 0.505 | -0.16 | 0.06 | -0.10 | **0.007** |
| R2 / R2 adjusted | 0.107 / 0.094 | 0.115 / 0.101 | 0.082 / 0.069 | 0.097 / 0.083 |

*Note.* Bold values indicate significance after Bonferroni correction. B = unstandardized coefficient; SE = standard error for the unstandardized beta; β = standardized coefficient; PA = physical activity; R2 = explained variance.

a Women are the reference category

b Medium education is the reference category

c No partner is the reference category

d Unemployed is the reference category

e Not physically impaired is reference category

**Supplemental Table 5** Results of the regression analyses for PA sub-behaviors (*n* = 1127)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|   | MVPA | Walking | Cycling | Sports |
| *Predictors* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* | B | SE | β | *p* |
| Intercept | -178.06 | 256.93 |  | 0.488 | -134.78 | 75.97 |  | 0.076 | -141.82 | 60.01 |  | 0.018 | -128.88 | 61.90 |  | 0.038 |
| Age | 3.09 | 2.10 | 0.05 | 0.141 | 3.19 | 0.62 | 0.17 | **<0.001** | 2.18 | 0.49 | 0.15 | **<0.001** | -1.60 | 0.50 | -0.10 | **0.002** |
| Gendera  | 193.42 | 51.56 | 0.11 | **<0.001** | -3.55 | 15.24 | -0.01 | 0.816 | 17.47 | 12.04 | 0.04 | 0.147 | 20.93 | 12.42 | 0.05 | 0.092 |
| Education highb | -216.93 | 57.12 | -0.12 | **<0.001** | -0.30 | 16.89 | -0.001 | 0.986 | -6.99 | 13.34 | -0.02 | 0.600 | 16.05 | 13.76 | 0.04 | 0.244 |
| Education lowb | 256.88 | 126.31 | 0.06 | 0.042 | 48.32 | 37.35 | 0.04 | 0.196 | 22.24 | 29.50 | 0.02 | 0.451 | -30.25 | 30.43 | -0.03 | 0.320 |
| Marital statusc | -47.26 | 53.61 | -0.03 | 0.378 | -16.00 | 15.85 | -0.03 | 0.313 | 13.14 | 12.52 | 0.03 | 0.294 | -1.30 | 12.91 | -0.003 | 0.920 |
| Workd | 50.94 | 53.09 | 0.03 | 0.338 | -5.42 | 15.70 | -0.01 | 0.730 | -38.26 | 12.40 | -0.09 | **0.002** | -33.98 | 12.79 | -0.08 | **0.008** |
| Impairmente | -224.80 | 127.52 | -0.05 | 0.078 | -106.13 | 37.70 | -0.09 | **0.005** | -24.51 | 29.78 | -0.03 | 0.411 | 10.01 | 30.72 | 0.01 | 0.745 |
| BMI | -1.30 | 5.22 | -0.01 | 0.804 | 1.22 | 1.54 | 0.03 | 0.430 | -0.14 | 1.22 | -0.004 | 0.908 | -0.02 | 1.26 | -0.0005 | 0.988 |
| Health status | 5.83 | 1.81 | 0.10 | **0.001** | 0.12 | 0.53 | 0.01 | 0.822 | 0.97 | 0.42 | 0.08 | 0.022 | 1.96 | 0.44 | 0.14 | **<0.001** |
| Amotivation Diet | 21.25 | 23.32 | 0.04 | 0.362 | 9.46 | 6.90 | 0.06 | 0.171 | -9.86 | 5.45 | -0.07 | 0.070 | 2.83 | 5.62 | 0.02 | 0.614 |
| Amotivation PA | -1.72 | 23.16 | -0.003 | 0.941 | -6.68 | 6.85 | -0.04 | 0.330 | 14.53 | 5.41 | 0.11 | **0.007** | -2.81 | 5.58 | -0.02 | 0.615 |
| Controlled motivation Diet | 34.89 | 32.55 | 0.05 | 0.284 | -2.46 | 9.62 | -0.01 | 0.798 | 11.27 | 7.60 | 0.07 | 0.138 | -0.89 | 7.84 | -0.01 | 0.910 |
| Controlled motivation PA | -54.61 | 31.34 | -0.08 | 0.082 | -9.53 | 9.27 | -0.05 | 0.304 | -6.86 | 7.32 | -0.04 | 0.349 | 2.81 | 7.55 | 0.02 | 0.710 |
| Autonomous motivation Diet | 31.70 | 37.37 | 0.04 | 0.396 | 1.49 | 11.05 | 0.01 | 0.893 | -0.05 | 8.73 | -0.0003 | 0.995 | -5.51 | 9.00 | -0.03 | 0.540 |
| Autonomous motivation PA | -41.79 | 38.56 | -0.06 | 0.279 | -4.13 | 11.40 | -0.02 | 0.717 | -13.98 | 9.01 | -0.08 | 0.121 | 14.18 | 9.29 | 0.08 | 0.127 |
| Intrinsic motivation Diet | 10.32 | 31.10 | 0.01 | 0.740 | 11.38 | 9.20 | 0.05 | 0.216 | 3.12 | 7.26 | 0.02 | 0.668 | -11.21 | 7.49 | -0.05 | 0.135 |
| Intrinsic motivation PA | 188.40 | 28.05 | 0.24 | **<0.001** | 36.30 | 8.29 | 0.16 | **<0.001** | 36.85 | 6.55 | 0.21 | **<0.001** | 53.72 | 6.76 | 0.29 | **<0.001** |
| R2 / R2 adjusted | 0.127 / 0.114 | 0.076 / 0.062 | 0.105 / 0.092 | 0.149 / 0.136 |

*Note.* Bold values indicate significance after Bonferroni correction. B = unstandardized coefficient; SE = standard error for the unstandardized beta; β = standardized coefficient; MVPA = weekly minutes of moderate to vigorous physical activity; PA = physical activity; R2 = explained variance.

a Women are the reference category

b Medium education is the reference category

c No partner is the reference category

d Unemployed is the reference category

e Not physically impaired is reference category