Additional file 4: The mean(SD) Likert ratings by the research team (n=7) for each criterion and each very brief intervention

	Effectiveness	**Feasibility**	**Acceptability**	**Cost**	**Total**
	1 2 3 4 5 *Less Effective* *More Effective*	1 2 3 4 5 *Not at all Acceptable* *Extremely Acceptable*	1 2 3 4 5 *Not at all Feasible* *Extremely Feasible*	1 2 3 4 5 *High Cost* *Low Cost*	(maximum score =20)
Motivational VBI	3.3 (1.0)	2.9 (0.4)	2.6 (0.5)	4.9 (0.4)	**13.6** (1.3)
Pedometer VBI	3.0 (0.0)	4.4 (0.5)	4.0 (0.6)	3.4 (0.8)	**14.9** (0.7)
Combined VBI	2.0 (0.6)	3.0 (1.0)	4.1 (0.7)	2.9 (1.1)	**11.9** (1.7)