**Intervention planning table: Template**

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| **Barrier/ *facilitator* to target behaviour**  Barriers shown in standard font  *Facilitators shown in italics*  Optional coding  EC = Expert consensus (PPI/stakeholder input)  L = Evidence from literature  Q = Qual research w users | **Detail about the evidence for barrier/ facilitator/ intervention ingredient** | **Possible intervention ingredient to promote facilitators and overcome barriers** | **OPTIONAL: You can choose to map onto a behaviour change theory or taxonomy** |
| **Target behaviour:** | | | |
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