1: Behavioral domains are illustrative. Other key domains include adherence to treatment regimens, vaccinations, sun protection, hygiene, sleep, oral health, health professional behaviors, and sexual health.

2: Time is a fundamental element because health behavior change is dynamic (e.g., initiation vs. maintenance; Rothman, 2000).

3: Features of the context (e.g., food availability, poverty) can influence health behavior directly or via motivation and self-regulation (e.g., Roberto & Kawachi, 2016).

4: Risk appraisals refer to a family of variables that includes risk perception, perceived severity, fear/worry, and anticipated emotions (e.g., regret). The impact of risk appraisals on health goals and behavior is moderated by outcome expectancies and self-efficacy (Sheeran et al., 2014).