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(54) **Title:** ENFORCED CONTENT INTERACTION TIMING FOR LIFESTYLE AND HEALTH RELATED BEHAVIOR CHANGE

System Time 201							
	System default	Date 1	Date 2	Date 3	Date 4	...	Date N
First content- interaction module 210	Inactive	Active	Inactive	Inactive	Inactive	...	Inactive
Second content- interaction module 220	Inactive	Inactive	Active	Inactive	Inactive	...	Inactive
Third content- interaction module 230	Inactive	Inactive	Inactive	Active	Inactive	...	Inactive
Fourth content- interaction module 240	Inactive	Inactive	Inactive	Inactive	Active	...	Inactive
...	...	...	...	...	...	...	...
Nth content- interaction module 250	Inactive	Inactive	Inactive	Inactive	Inactive	...	Active

200 FIG. 2

(57) **Abstract:** A computing device may be configured for user interaction with specific timing mechanisms and access rules that may improve a user's preparedness for and ultimate success with a behavior change effort, such as smoking cessation, healthy eating, and/or behaviors to promote a healthy pregnancy. The computing device may include a processor that executes an enforcement module on the condition that both a user attempts to access a first content-interaction module between the first end time on a first scheduled date and a second start time on a second scheduled date and the user did not attempt to access the first content-interaction module between the first start time on the first scheduled date and the first end time on the first scheduled date. The enforcement module may indicate that the first content-interaction module is no longer available and that a second content-interaction module will become available on the second scheduled date.

[Continued on next page]

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