CLAIMS

1. A computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules, the computing device comprising:

a processor configured to:

execute a first content-interaction module associated with a user, wherein

the first content-interaction module transitions from an inactive state to an active state at a first start time on a first scheduled date, the first start time on the first scheduled date being associated with the first content-interaction module, the first content-interaction module being configured to present a user-activity content in the active state, the first content-interaction module being associated with one or more user actions related to a behavior change, and

the first content-interaction module transitions from the active state to the inactive state at the first end time on the first scheduled date, the first end time on the first scheduled date being associated with the first content-interaction module, the first content-interaction module being configured to restrict access to the user-activity content in the inactive state;

execute a second content-interaction module associated with the user having a corresponding second start time on a second schedule date, the second scheduled date being after the first schedule date associated with the first content-interaction module, the second content-interaction module comprising a follow-up content-interaction module, the follow-up content-interaction module being associated with the one or more user actions related to the behavior change; and

execute an enforcement module associated with the first content-interaction module when the user attempts to access the first content-interaction module between the first end time on the first scheduled date and the second start time on the second

scheduled date and the first content-interaction module was not accessed between the first start time on the first scheduled date and the first end time on the first scheduled date, wherein the enforcement module prevents access to the first content-interaction module based on the first content-interaction module not being accessed between the first start time on the first scheduled date and the first end time on the first scheduled date, and wherein the enforcement module indicates that the first content-interaction module is no longer available and that the second content-interaction module will become available on the second scheduled date, and wherein the enforcement module enforces one or more

rules associated with accessing any of the first content interaction module or the second content-interaction module.

2. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1, wherein the first start time of the first content-interaction module is a same time of day as the second start time of the second content-interaction module.

3. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1, wherein the first scheduled date of the first content-interaction module and the second scheduled date of the second content-interaction module are two consecutive days.

4. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1, wherein the first content-interaction module comprises a first new-content-interaction module and a first follow-up-content-interaction module.

5. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1,
wherein the first content-interaction module comprises a first new-content-interaction module and a first follow-up-content-interaction module, the first new-content-interaction module being associated with a third start time on the first scheduled date and a third end time on the first scheduled date, and the first follow-up-interaction module being associated with a fourth start time on the first scheduled date and a fourth end time on the first scheduled date; and
wherein the first start time of the first content-interaction module is configured to be the same as the third start time of the first new-content-interaction module and the first end time of the first content-interaction module is configured to be the same as the fourth end time of the first follow-up-content-interaction module.

6. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1,
the first content-interaction module comprises a first new-content-interaction module and a first follow-up-content-interaction module, the first new-content-interaction module being associated with a third start time on the first scheduled date and a third end time on the first scheduled date, and the first follow-up-interaction module being associated with a fourth start time on the first scheduled date and a fourth end time on the first scheduled date;
the first start time of the first content-interaction module is configured to be the same as the third start time of the first new-content-interaction module and the first end time of the first content-interaction module is configured to be the same as the fourth end time of the first follow-up-content-interaction module; and
the processor is further configured to execute the enforcement module when the user attempts to access the first new-content-interaction module between the third end time of the first new-content-interaction module and the first end time of first content-interaction module, and the user missed accessing the first new content-interaction module between the third start time and the third end time,
wherein the enforcement module indicates that the first content-interaction module is no longer available and that the second content-interaction module will become available on the second scheduled date.

7. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1, the processor is further configured to:
execute a notification module, the notification module is configured to send an alert notification message to the user alerting the user to access the first content-interaction module at a predefined time before the first end time of the first content-interaction module,
wherein the predefined time is one of: the first start time of the first content-interaction module, or a time after the first start time of the first content-interaction module.

8. The computing device for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content-interaction modules of claim 1, the processor is further configured to:

execute a notification module, the notification module is configured to send a reminder notification message to the user reminding the user to access the first content-interaction module at a predefined time before the first end time of the first content-interaction module on a condition that the user missed accessing the first content-interaction module between the first start time of the first content-interaction module and the predefined time.

9. A computer-implemented method for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content interactions, the method comprising:

presenting a first user-activity content between a first start time on a first scheduled date and a first end time on the first scheduled date, the first user-activity content being associated with one or more user actions related to a behavior change;

restricting access to the first user-activity content at the first end time on the first scheduled date;

presenting a second user-activity content between a second start time on a second scheduled date and a second end time on the second scheduled date, the second scheduled date being after the first scheduled date, the second user-activity content comprising follow-up content, the follow-up content being associated with the one or more user actions related to the behavior change;

detecting the user attempting to access the first user-activity content between the first end time on the first scheduled date and the second start time on the second scheduled date; and

in response to the detection, indicating that the first user-activity is no longer available on the condition that the first user-activity was not accessed between the first start time on the first scheduled date and the first end time on the first scheduled date, wherein the indication prevents access to the first user-activity content based on the first user-activity content not being accessed between the first start time on the first scheduled date and the first end time on the first scheduled date, and wherein the indication is associated with enforcing one or more rules that are associated with accessing any of the first user-activity content or the second user-activity content.

10. The computer-implemented method for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content interactions of claim 9, further comprising:
presenting a first user-activity content between a first start time on a first scheduled date and a first end time on the first scheduled date further comprising:
presenting the first user-activity content between a third start time on the first scheduled date and a third end time on the first scheduled date, and between a fourth start time on the first scheduled date and a fourth end time on the first scheduled date,
wherein the third start time on the first scheduled date is the same as the first start time on the first scheduled date, the fourth end time on the first scheduled date is the same as the first end time on the first scheduled date.

11. The computer-implemented method for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content interactions of claim 10, further comprising:
detecting the user attempting to access the first user-activity content between the third end time of the first schedule date and the fourth end time on the first scheduled date; and
in response to the detection, indicating that the first content-interaction module is no longer available and that the second content-interaction module will become available on the second scheduled date.

12. The computer-implemented method for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content interactions of claim 9, further comprising:
sending an alert notification message to the user alerting the user to access the first content-interaction module at a predefined time before the first end time of the first content-interaction module,
wherein the predefined time is one of: the first start time of the first content-interaction module, or a time after the first start time of the first content-interaction module.

13. The computer-implemented method for improving preparedness for a quit smoking attempt via a plurality of chronologically scheduled content interactions of claim 9, further comprising:
sending a reminder notification message to the user reminding the user to access the first content-interaction module at a predefined time before the first end time of the first content-interaction module

on a condition that the user missed accessing the first content-interaction module between the first start time of the first content-interaction module and the predefined time.

14. A computing device for changing health behavior via a plurality of chronologically scheduled content-interaction modules, the computing device comprising:
a processor configured to:
execute an enforcement module associated with a first content-interaction module when the user attempts to access the first content-interaction module between a first end time on a first scheduled date and a second start time on the second scheduled date and the first content-interaction module was not accessed between a first start time on the first scheduled date and a first end time on the first scheduled date, wherein the enforcement module prevents access to the first content-interaction module based on the first content-interaction module not being accessed between the first start time on the first scheduled date and the first end time on the first scheduled date, and wherein the enforcement module indicates 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, and wherein the enforcement module enforces one or more rules associated with accessing any of the first content interaction module or the second content-interaction module.

15.The computing device of claim 14, wherein the first content-interaction module presents smoking cessation information, comprising an activity regarding any of reasons for smoking, the dependence on nicotine, craving satisfaction, smoking triggers, distraction techniques, medical warning signs, concerns about smoking, reasons for quitting smoking, core values, temptations, benefits of seeking help from others, or visualizing destroying a cigarette.

16. The computing device of claim 14, wherein the first content module presents healthy pregnancy information, comprising an activity regarding sleep, nutrition, mood, or movement.

17. The computing device of claim 14, wherein the first content module presents healthy eating information, comprising an activity regarding core values' relation with eating, food choices, mindful eating, reason for eating, self-control over eating, or healthier coping with stress.

18.The computing device of claim 14, wherein the first content-interaction module comprises an activity and a psychological reward associated with the activity.

19.The computing device of claim 14, wherein the first content-interaction module selects an activity from a plurality of stored activities based on user-analytics, and wherein the first content-interaction module selects the activity based on a history of greater user interaction than an unselected activity.

20.The computing device of claim 14, wherein the enforcement module comprises a user message indicating that the user's non-compliance with the access rules result in the user losing out on experiencing an activity of the first content-interaction module.