

**Table S1.** Digital coach activities per functioning realm

Physical Activities		Mental well-being		Socialization		Retirement		
No sub-realms	Mind and body	Thought and action	Emotions and memories	You and the others	You and the world	Activities for transition	Suggestions	Infos for transition
<b>Cycling</b>	Connection to Ikigai	To do list	Album of memories	Kindness carries you on!		Competences transmission	Sources of inspiration	Retirees' rights
<b>Walking</b>	Thinking and movement	Say it out loud	Be grateful for three things (Diary of gratitude)	Fill up with memories!	A new language!	Planning a meeting	Good news!	Who can help you in the transition to retirement: trade-unions
<b>Gardening</b>	Count! Breathe!	Ask-Do!	Compliment someone!	2 minute of gratitude!	Film-therapy	Pros and cons of the working life	Spend time with loved ones!	App for planning and economic management like the post office app
<b>Yoga</b>	Body connections	Take a break from the web!	Think about your success!	How do others see you?	Art feeds!	Plan a party for retirement!	Be strong!	Explore the activities you may do once retired
<b>Strength training</b>	Mindfulness	How we make our wishes come true?	Strengthen the relationship with yourself	Make new acquaintances	New flavors	Parting with work		Municipality website: initiatives for retirees

<b>Dancing</b>	Eat green!!	Get out of your comfort zone	How do others see you?	Social roles in balance	Imagine and plan your days Decide which social roles to take on Make something good for others Good intentions
<b>Dish washing</b>	Free Dance	Stay awake!	The importance of the little things	Follow your models	
<b>Ironing</b>	Living green!	Put yourself first	Joy from the wardrobe	My social network	
<b>Mowing the lawn</b>	Positive psychology!	Look round with new eyes!	How many memories in your home	Share one receipt you made healthier	
<b>Golf</b>	Change way	Same way, different eyes	Self interpretation	What's been going on today?	
<b>Soft gymnastic</b>	Take out your voice!	Change your point of view	Be proud of one habit of yours	Increase the quality of your friendship	
<b>Horse riding</b>	Be active!	Bite your tongue!			
<b>Tennis</b>	Ten minutes of creativity				
<b>Swimming</b>					

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