Table S1. Individual effects' mean intercepts and slopes for intervention and the control groups and the baseline comparison.

	Water bottle (n_i = 198, n_c = 221)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.57	1.18	.14	1.72	.16**
Control	2.23	1.03	.44***	1.49	
Awareness on need					
Intervention	3.57	1.23	.57***	1.63	.07
Control	3.41	1.21	.35***	1.09	
Awareness of consequence					
Intervention	3.59	1.38	.40**	1.66	.33*
Control	3.26	1.21	.52***	1.33	
Personal norm					
Intervention	2.68	1.21	.24**	1.4	.24
Control	2.44	1.08	.42***	1.61	
Habit					
Intervention	2.5	1.33	.37***	1.2	-.18***
Control	2.94	1.58	.27**	1.56	
Perceived behavioral control					
Intervention	3.78	1.32	.43***	1.73	-.01
Control	3.79	1.25	.21**	1.85	
Intention					
Intervention	2.93	1.3	.47***	1.4	.08
Control	2.75	1.5	.50***	1.71	
Behavior					
Intervention	2.97	1.58	.61***	1.64	-.17**
Control	3.39	1.51	.61***	1.5	
	Promo video (n_i = 237, n_c = 182)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.41	1.16	.28**	1.53	.02
Control	2.36	1.09	.33**	1.73	
Awareness on need					
Intervention	3.54	1.21	.47***	1.58	.06
Control	3.42	1.22	.44***	1.09	
Awareness of consequence					
Intervention	3.41	1.33	.56***	1.49	-.01
Control	3.43	1.3	.34***	1.48	
Personal norm					

Intervention	2.66	1.17	.36***	1.47	.12*
Control	2.4	1.1	.32***	1.57	
Habit					
Intervention	2.74	1.6	.38***	1.51	.01
Control	2.71	1.38	.24*	1.21	
Perceived behavioral control					
Intervention	3.7	1.38	.40***	1.88	-.08
Control	3.89	1.13	.20*	1.67	
Intention					
Intervention	2.88	1.32	.48***	1.49	.04
Control	2.77	1.54	.49***	1.66	
Behavior					
Intervention	3.16	1.57	.56***	1.6	-.03
Control	3.23	1.6	.68***	1.52	
	Prompts (n_i = 229, n_c = 190)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.34	.92	.44***	1.42	-.05
Control	2.45	1.39	.13	1.82	
Awareness on need					
Intervention	3.42	1.19	.54***	1.37	-.07
Control	3.58	1.25	.34**	1.33	
Awareness of consequence					
Intervention	3.33	1.26	.55***	1.61	-.09
Control	3.54	1.37	.35***	1.32	
Personal norm					
Intervention	2.51	1.04	.34***	1.31	-.04
Control	2.6	1.31	.32***	1.78	
Habit					
Intervention	2.76	1.45	.23*	1.3	.02
Control	2.71	1.59	.43***	1.48	
Perceived behavioral control					
Intervention	3.7	1.15	.36**	1.88	-.08
Control	3.89	1.44	.26***	1.71	
Intention					
Intervention	2.79	1.33	.43***	1.62	-.04
Control	2.89	1.52	.55***	1.48	
Behavior					
Intervention	3.25	1.43	.50***	1.4	.05
Control	3.12	1.77	.74***	1.76	
	Goal setting (n_i = 216, n_c = 203)				

	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.34	1.18	.35**	1.82	-.05
Control	2.44	1.07	.26**	1.41	
Awareness on need					
Intervention	3.36	1.26	.58***	1.49	-.12*
Control	3.63	1.15	.32***	1.2	
Awareness of consequence					
Intervention	3.32	1.33	.52***	1.84	-.09*
Control	3.52	1.29	.40***	1.13	
Personal norm					
Intervention	2.47	1.08	.43***	1.54	-.08
Control	2.63	1.23	.24**	1.49	
Habit					
Intervention	2.71	1.48	.38***	1.51	-.02
Control	2.76	1.54	.27*	1.25	
Perceived behavioral control					
Intervention	3.64	1.5	.35**	2.29	-.13*
Control	3.93	1.02	.28**	1.28	
Intention					
Intervention	2.82	1.36	.50***	1.56	-.01
Control	2.85	1.48	.47***	1.56	
Behavior					
Intervention	3.15	1.57	.69***	1.65	-.04
Control	3.24	1.59	.52***	1.47	
	Feedback (n_i = 210, n_c = 209)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.4	1.28	.26**	1.72	.01
Control	2.38	.98	.34***	1.52	
Awareness on need					
Intervention	3.57	1.34	.34**	1.4	.07
Control	3.41	1.09	.56***	1.3	
Awareness of consequence					
Intervention	3.52	1.29	.33***	1.56	.09*
Control	3.32	1.32	.60***	1.41	
Personal norm					
Intervention	2.48	1.24	.34***	1.59	-.07
Control	2.62	1.07	.33***	1.45	
Habit					
Intervention	2.78	1.54	.29**	1.57	.04

Control	2.68	1.47	.35***	1.22	
Perceived behavioral control					
Intervention	3.83	1.14	.33**	1.65	.04
Control	3.74	1.43	.30**	1.95	
Intention					
Intervention	2.84	1.53	.34**	1.55	.01
Control	2.83	1.3	.63***	1.53	
Behavior					
Intervention	3.13	1.55	.43***	1.56	-.05
Control	3.25	1.6	.78***	1.53	

Note. *M* = mean, Var = variance, n_i = number of participants in the intervention group; n_c = number of participants in the control group. All the variances are significant at $p < .001$. β (baseline) = indicator of pre-test differences between intervention and control groups. Standardized regression coefficients are provided. *p < .05, **p < .01, ***p < .001.

Table S2. Combined (two by two) effects' mean intercepts and slopes for intervention and the control groups and the baseline comparison.

	Water bottle + Promo video (n_i = 105, n_c = 89)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.71	1.09	.03	1.54	
Control	2.31	.91	.38**	1.59	.19**
Awareness on need					
Intervention	3.59	1.21	.67***	2.01	
Control	3.27	1.17	.41***	.99	.14
Awareness of consequence					
Intervention	3.62	1.35	.51**	1.78	
Control	3.3	1.14	.40***	1.45	.14
Personal norm					
Intervention	2.92	1.16	.26	1.32	
Control	2.4	1.08	.41**	1.65	.24**
Habit					
Intervention	2.45	1.32	.44**	1.29	
Control	2.88	1.37	.20	1.36	-.18**
Perceived behavioral control					
Intervention	3.67	1.4	.54**	1.63	
Control	3.87	1.07	.09	1.51	-.09
Intention					
Intervention	3.1	1.07	.51**	1.11	
Control	2.82	1.57	.57***	1.59	.12
Behavior					

Intervention	2.89	1.6	.61***	1.76	
Control	3.4	1.62	.75***	1.56	-.20*
	Water bottle + Prompts (n_i = 105, n_c = 97)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.51	.92	.26	1.6	
Control	2.28	1.24	.26**	1.81	.11*
Awareness on need					
Intervention	3.44	1.3	.67***	1.79	
Control	3.44	1.36	.24*	1.22	-.001
Awareness of consequence					
Intervention	3.41	1.4	.52**	1.86	
Control	3.28	1.34	.45***	1.25	.06
Personal norm					
Intervention	2.68	1.22	.21*	1.27	
Control	2.53	1.4	.36***	1.98	.07
Habit					
Intervention	2.52	1.2	.28	1.24	
Control	2.91	1.6	.37	1.82	-.17
Perceived behavioral control					
Intervention	3.55	1.31	.57**	2.19	
Control	3.74	1.63	.24**	2.24	-.08
Intention					
Intervention	2.86	1.27	.43*	1.32	
Control	2.77	1.68	.59***	1.47	.04
Behavior					
Intervention	3.06	1.46	.45**	1.36	
Control	3.37	1.73	.70***	1.58	-.12
	Water bottle + Goal setting (n_i = 113, n_c = 118)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.59	1.4	.05	1.94	
Control	2.37	1.18	.25**	1.43	.10
Awareness on need					
Intervention	3.41	1.21	.68***	1.69	
Control	3.52	1.1	.25**	.94	-.05
Awareness of consequence					
Intervention	3.45	1.33	.45***	1.79	
Control	3.34	1.15	.46***	.86	.05
Personal norm					
Intervention	2.64	1.21	.23*	1.43	.033

Control	2.56	1.24	.23	1.57	
Habit					
Intervention	2.51	1.4	.45**	1.15	
Control	2.96	1.67	.26	1.25	-.18*
Perceived behavioral control					
Intervention	3.68	1.5	.44**	2.04	
Control	3.94	1	.18	1.24	-.12
Intention					
Intervention	2.95	1.32	.43**	1.38	
Control	2.81	1.62	.43***	1.67	.06
Behavior					
Intervention	2.97	1.66	.75***	1.56	
Control	3.44	1.61	.60***	1.29	-.18*
	Water bottle and Feedback (n_i = 96, n_c = 107)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.6	1.31	.04	1.69	
Control	2.24	.87	.42***	1.31	.17**
Awareness on need					
Intervention	3.62	1.42	.50**	1.76	
Control	3.3	1.13	.49***	1.07	.14
Awareness of consequence					
Intervention	3.73	1.21	.28	1.61	
Control	3.19	1.13	.67***	1.14	.24***
Personal norm					
Intervention	2.58	1.39	.27**	1.81	
Control	2.49	1.08	.45***	1.83	.04
Habit					
Intervention	2.57	1.39	.37**	1.37	
Control	2.91	1.56	.32***	1.38	-.14
Perceived behavioral control					
Intervention	3.83	1.17	.44*	1.6	
Control	3.75	1.4	.18	2	.04
Intention					
Intervention	2.97	1.36	.30	1.46	
Control	2.78	1.34	.62***	1.75	.09
Behavior					
Intervention	2.94	1.58	.49***	1.77	
Control	3.48	1.5	.83***	1.58	-.21**
	Promo video + Prompts (n_i = 140, n_c = 93)				
	Baseline		Change		β (baseline)

	M	Var	*M*	Var	
Social norm					
Intervention	2.3	.91	.38**	1.48	
Control	2.32	1.24	.15	2.06	-.01
Awareness on need					
Intervention	3.48	1.12	.63***	1.63	
Control	3.51	1.14	.44***	1.24	-.02
Awareness of consequence					
Intervention	3.33	1.25	.68***	1.82	
Control	3.53	1.32	.31***	1.72	-.09
Personal norm					
Intervention	2.54	1.01	.37***	1.4	
Control	2.34	1.13	.32***	1.95	.10
Habit					
Intervention	2.79	1.54	.34**	1.46	
Control	2.74	1.48	.43*	1.35	.02
Perceived behavioral control					
Intervention	3.62	1.27	.50**	2.04	
Control	3.96	1.33	.25*	1.78	-.14
Intention					
Intervention	2.77	1.16	.48***	1.68	
Control	2.72	1.48	.63***	1.73	.02
Behavior					
Intervention	3.26	1.31	.50***	1.43	
Control	3.23	1.59	.84***	1.62	.01

	Promo video + Goal setting (n_i = 124, n_c = 89)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.27	1.09	.40**	1.57	
Control	2.28	.87	.39**	1.29	-.01
Awareness on need					
Intervention	3.43	1.25	.57***	1.72	
Control	3.59	1.14	.26**	.92	-.07
Awareness of consequence					
Intervention	3.28	1.43	.68***	1.85	
Control	3.5	1.44	.36*	1.17	-.08
Personal norm					
Intervention	2.51	1.1	.52**	1.57	
Control	2.39	1.16	.32**	1.66	.06
Habit					
Intervention	2.65	1.55	.36**	1.6	
Control	2.64	1.37	.09	1.01	.01

Perceived behavioral control					
Intervention	3.57	1.67	.43*	2.46	
Control	4.04	.98	.15	1.28	-.19**
Intention					
Intervention	2.91	1.44	.47***	1.69	
Control	2.86	1.87	.45**	1.95	.02
Behavior					
Intervention	3.11	1.49	.68***	1.7	
Control	3.27	1.53	.65***	1.44	-.06
	Promo video + Feedback (n_i = 117, n_c = 89)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.46	1.33	.25	1.49	
Control	2.41	.97	.37**	1.47	.02
Awareness on need					
Intervention	3.57	1.47	.47**	1.74	
Control	3.26	1.23	.69***	1.14	.13
Awareness of consequence					
Intervention	3.54	1.27	.50***	1.54	
Control	3.35	1.28	.56***	1.36	.09
Personal norm					
Intervention	2.56	1.33	.41***	1.48	
Control	2.41	1.1	.38**	1.43	.06
Habit					
Intervention	2.73	1.78	.39**	1.82	
Control	2.58	1.5	.31*	1.2	.06
Perceived behavioral control					
Intervention	3.72	1.22	.51***	1.61	
Control	3.81	1.27	.30**	1.73	-.04
Intention					
Intervention	2.87	1.28	.39***	1.4	
Control	2.75	1.21	.72***	1.46	.06
Behavior					
Intervention	3.07	1.6	.38***	1.82	
Control	3.26	1.73	.86***	1.75	-.07
	Prompts + Goal setting (n_i = 120, n_c = 94)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.29	1.02	.49***	1.66	
Control	2.5	1.39	.10	1.67	-.10

Awareness on need					
Intervention	3.31	1.31	.63***	1.63	
Control	3.75	1.25	.17	1.3	-.19*
Awareness of consequence					
Intervention	3.27	1.34	.50**	2.13	
Control	3.69	1.41	.16	1.12	-.17*
Personal norm					
Intervention	2.45	.98	.37**	1.32	
Control	2.71	1.37	.14	1.7	-.12
Habit					
Intervention	2.83	1.42	.38**	1.4	
Control	2.86	1.65	.50**	1.28	-.01
Perceived behavioral control					
Intervention	3.54	1.39	.35*	2.6	
Control	4.02	1.24	.17	1.48	-.20**
Intention					
Intervention	2.77	1.34	.44***	1.74	
Control	2.89	1.67	.53***	1.65	
Behavior					-.05
Intervention	3.21	1.35	.58***	1.42	
Control	3.18	1.66	.64***	1.56	.01

	Prompts + Feedback (n_i = 115, n_c = 95)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.37	1.06	.41**	1.54	
Control	2.46	1.23	.19*	1.73	-.05
Awareness on need					
Intervention	3.48	1.36	.46**	1.53	
Control	3.47	1.19	.49***	1.43	.001
Awareness of consequence					
Intervention	3.46	1.16	.38**	1.67	
Control	3.46	1.3	.44***	1.26	-.002
Personal norm					
Intervention	2.45	1.13	.42***	1.42	
Control	2.68	1.23	.40**	1.75	
Habit					-.23
Intervention	2.85	1.48	.23	1.32	
Control	2.7	1.56	.48***	1.11	
Perceived behavioral control					.06
Intervention	3.78	1.02	.35*	1.52	
Control	3.9	1.59	.21**	1.59	-.05

Intention					
Intervention	2.74	1.46	.39**	1.72	
Control	2.81	1.43	.82***	1.48	-.03
Behavior					
Intervention	3.2	1.49	.36***	1.29	
Control	3.19	1.88	.94***	1.56	.01
	Goal setting + Feedback (n_i = 102, n_c = 95)				
	Baseline		Change		β (baseline)
	M	Var	*M*	Var	
Social norm					
Intervention	2.36	1.33	.31*	1.83	
Control	2.44	.89	.31**	1.19	-.04
Awareness on need					
Intervention	3.4	1.32	.47**	1.48	
Control	3.52	.94	.44***	1.06	-.06
Awareness of consequence					
Intervention	3.49	1.3	.29	2.02	
Control	3.48	1.31	.44***	1.14	.01
Personal norm					
Intervention	2.36	1.22	.50***	1.8	
Control	2.69	1.22	.29	1.62	-.15*
Habit					
Intervention	2.78	1.57	.32*	1.77	
Control	2.71	1.56	.24*	1.14	.02
Perceived behavioral control					
Intervention	3.75	1.42	.31***	2.12	
Control	3.96	1.19	.20*	1.35	-.09
Intention					
Intervention	2.85	1.45	.37*	1.57	
Control	2.86	1.33	.65***	1.54	-.01
Behavior					
Intervention	2.98	1.62	.50***	1.61	
Control	3.21	1.74	.70***	1.38	-.09

Note. *M* = mean, Var = variance, n_i = number of participants in the intervention group; n_c = number of participants in the control group. All the variances are significant at $p < .001$. β (baseline) = indicator of pre-test differences between intervention and control groups. Standardized regression coefficients are provided. *p < .05, **p < .01, ***p < .001.