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The manuscript is very interesting and innovative. I would like to suggest to expand the introduction section adding more information related to the psycho-physical effect during pregnancy. For example it is important to include information related to physical helath during pregnancy (reduction of physical activity, increase of sedentary behaviour). You can cite this work “Application of the COM–B Framework to Understand Facilitators and Barriers for Practising Physical Activity among Pregnant Women and Midwives Participating in the WELL-DONE! Study”. 