

Free-text responses illustrating views expressed by participants responding to the questionnaire with free-text answers.

Use characteristics		Paper diary	The App
Patterns of use			
	General	<p>“I found it hard to remember to use it”</p> <p>“used when I had time and filled in 2-3 days all in one go”</p> <p>“the paper diary was bulky and not easy to travel”</p> <p>“on weekends I am typically at home which meant I am able to fill it in as I consume or partake in physical activity whereas in weekdays I did not take the diary with me to my 6th form meaning I filled it in either at the end of the day or occasionally at a later date”</p>	<p>“I struggled to keep it as up to date as I should have in the last week due to exams”</p> <p>“I stopped using it when I became too busy”</p> <p>“lots of school work due to exams”</p> <p>“I had to revise for my exams”</p> <p>“[when] I was revising [I] hardly used the app”</p> <p>“really busy or revising”</p> <p>“hardly ever used it, as I have lots of school work due to exams”</p> <p>“I had a period of two weeks for my exams...because I was revising, I hardly used the app”</p>
Experience using each tool			
	Time-consuming	<p>“too much detail for example, weight”</p> <p>“I don’t like it because you always need to write everything”</p> <p>“it consumes time, boring and time consuming”</p>	<p>“the app is slow and took ages to load [open]”</p> <p>“the app would be much less time consuming and frustrating if searches were better”</p> <p>“scanner didn’t work”</p>

		<p>“I was unmotivated to use it and ended up just filling most days in before meeting with our group leader for weigh ins”</p> <p>“a lot of details to fill in”</p> <p>“weighing food was a massive [major] issue as well as portion sizes”</p> <p>“it takes time to write what you eat”</p>	<p>“didn’t come up with the correct foods”</p> <p>“it was more time consuming than I expected, more so during exams”</p> <p>“it didn’t take long to complete”</p>
	Enjoyability		<p>“it was easy to use most of the time and was enjoyable”</p>
	Convenience	<p>“it was harder to record food eaten outside of the home as I did not travel with the paper diary due to it taking up space”</p> <p>“due to largeness [A4 size] I did not want to travel with it or get it out in public”</p> <p>“a minor and obvious problem was the fact that you needed a pen and a suitable surface to fill in data”</p>	<p>“[I liked] being able to add information without any problems”</p> <p>“scanning the barcode [was helpful]”</p> <p>“the option to weigh things via Bluetooth [was good]”</p>
	Social acceptability	<p>“it felt a bit strange and unusual using it in public and around my friend”</p> <p>“I tended to use it at the end of the day”</p> <p>“too embarrassing to use publicly”</p>	<p>“[I] didn’t care about filling it in public”</p> <p>“I can use it every time and everywhere”</p> <p>“I can use it anywhere I want”</p>

		“it was always at home and by myself with spare time”	
Impact on behavior			
	General	<p>“I found using the paper diary made me more aware of what I was eating”</p> <p>“made me aware of the quantities of food and exercise that I was doing”</p> <p>“lacked any real motivation”</p> <p>“it made you stop and think about unhealthy snacks when you see them on paper”</p> <p>“I have almost completely stopped drinking sugary drinks (choosing water instead) and tend to go for healthier choices when eating in a restaurant”</p> <p>“there was no difference made to my diet as it did not offer any recommendations or way to note how much I was eating in calories, fat or sugar intake”</p> <p>“I was only motivated in fear someone would read it and believe me to be unhealthy”</p>	<p>“the app gave me a lot of motivation to change my diet”</p> <p>“I feel it made a difference to my diet slightly because I saw snacks that were high in calories that I tried to avoid in the future”</p> <p>“make [it made] me more aware of other diets and exercises that I could use and participate in”</p> <p>“I feel more confident to try other foods that I wouldn’t normally try due to all the information given alongside using the app”</p> <p>“the app made no difference as I wasn’t motivated to use it”</p>