Supplement 1. Data extraction form

Study Characteristics

Intervention type	Diet	Physical activity	Both
Pilot study	Yes	No	
Country of study			

Participant Characteristics

Study population	General population	Patient population (please specify)	Other population (please specify)
Age range			
Mean age			
Percent female			
Percent overweight/obese			
# of participants enrolled			
# of participants completed			

Intervention Characteristics

Study design	Randomized control trial	Cohort study	Other (please specify)
Behavioral theory used			
Intervention duration			
Targeted behavior(s)			
Behavioral assessment methods	Self-reported (please specify)	Objectively measured (please specify)	
Behavioral goal(s)			

Feedback Characteristics

Content (control group)				
Content (intervention group)				
Actionable	Yes	No		
Frequency				
Timing				
Mode of delivery	Mobile phone/SMS text messages	Smartphone apps	Wearable devices (e.g., Fitbit)	Website	Other (please specify)
Prompt	Passive	User-initiated		

Study Results

Within-group changes (separate row for each outcome)	Outcome(s)	Magnitude of change:	Significance of change:
Between-group differences (separate row for each outcome	Outcome(s)	Magnitude of difference:	Significance of difference: