Supplementary File

Acknowledgments

Softwares used

For content analysis of the interview data, we used Hyperbase software (CNRS – Université Nice Sophia Antipolis, Nice, France). Hyperbase, which can be used for any language with a roman alphabet, offers several functionalities, such as word counts or measurements of textual specificities of interviews.
For the quantitative analysis, we used Stata®.

Figure 1. PCA: Correlation circle axes 1 and 2 of the 25 practices
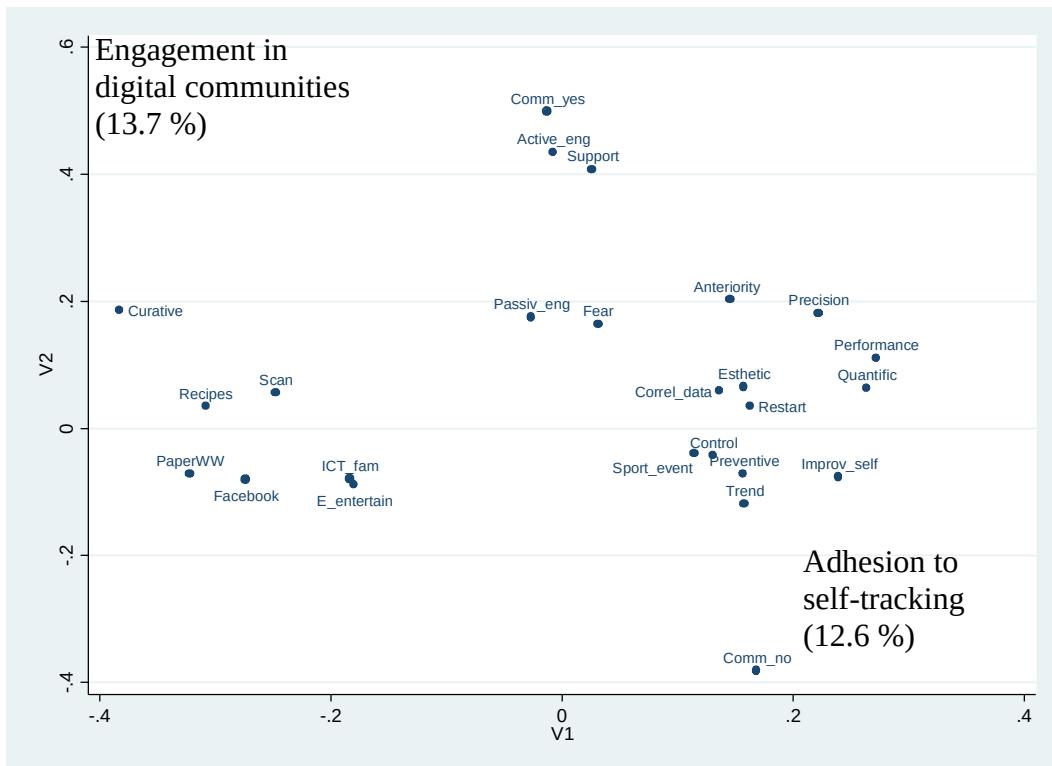
Engagement in digital communities (13.7 %)

Adhesion to self-tracking (12.6 %)

Footnote: Axis 1 is interpreted as "adhesion to self-tracking", and axis 2 as "engagement in digital communities". Percentage of variance is between parentheses. See abbreviations in Table 1 below.

Figure 2. PCA: Principal plan axes 1 and 2 of descriptive sociodemographic variables

2

Engagement in digital communities (13.7 %) — vertical axis: (mean) f2. Horizontal axis: (mean) f1, Adhesion to self-tracking (12.6 %).
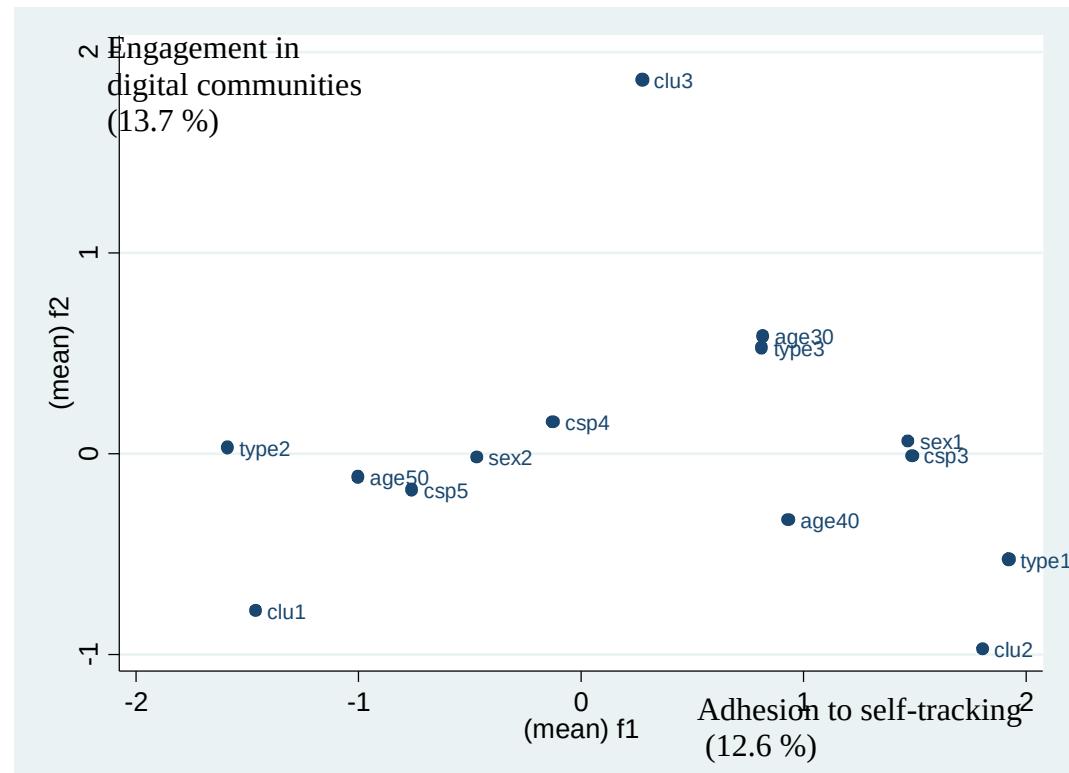
36
37 Footnote: Axis 1 is interpreted as "adhesion to self-tracking", and axis 2 as "engagement in

38 digital communities". Percentage of variance is between parentheses. See abbreviations in

39 table 1 below.
40

41   Table 1 – Abbreviations of descriptive and socio-demographic variables
42
43

Variable	Abbreviation
Male	sex1
Female	sex2
Aged 20 to 29	age 20
Aged 30 to 39	age30
Aged 40 to 49	age40
Aged 50 and more	age50
Upper management, experts, and professionals	csp3
Intermediate professions and self-employed	csp4
Clerical and routine white and blue collar workers	csp5
Cluster 1	clu1
Cluster 2	clu2

Cluster 3	clu3
Sport apps users	type1
Weight Watchers® members	type2
MyFitnessPal users	type3

44
45
46
47
48
49

50   Table 2 - Correlation between active variables and cluster (Phi
51 coefficient)
52

Themes	Active variables	Cluster 1	Cluster 2	Cluster 3
Functionalities	Quantific	-0.3895*	0.1568	**0.2600***
	Scan	0.1456	-0.2460*	0.0834
	Recipes	**0.2905***	-0.2968*	-0.0206
	Facebook_WW	**0.3063***	-0.1516	-0.1772
Uses	Improv_self	-0.2271*	**0.4097***	-0.1552
	Challenge	-0.0729	0.1141	-0.0330
	Precision	-0.3337*	0.1312	**0.2258***
	Trend	-0.2145	**0.4184***	-0.1769
	Correl_data	-0.2573*	**0.3031***	-0.0206
Digital network	CommuYes	-0.4144*	-0.2974*	**0.7240***
	CommuNo	0.0639	**0.5436***	-0.5914*
	Passiv_eng	-0.3141*	-0.1516	**0.4776***
	Active_eng	-0.2233*	-0.1726	**0.4020***
	Support	-0.2959*	-0.1339	**0.4413***
Relation to publishing	Anteriority	-0.2432*	0.0280	**0.2298***
	PaperWW	**0.5379***	-0.2757*	-0.3020*
	Fear	0.0554	-0.1781	0.1131
Familiarity with ICT	ICT_fam	0.1922	-0.0128	-0.1906
	E_entertain	**0.3150***	-0.1615	-0.1769
Reasons for use	Esthetic	-0.2774*	**0.2878***	0.0154
	Preventive	-0.2145	**0.4184***	-0.1769
	Illness_management	-0.2145	-0.0455	**0.2702***
	Curative	**0.4315***	-0.5049*	0.0312
	Performance_sport	-0.3618*	**0.2228***	0.1672
	Restart	-0.2770*	**0.4467***	-0.1382

7   4
8

53
54 ## Table 3. Cluster / population sample ratio
55

	Cluster			Total
Sample	1	2	3	Total
Sports	9.09	68.18	22.73	100.00
Weight Watchers	64.86	5.41	29.73	100.00
MyFitnessPal	30.00	25.00	45.00	100.00
Total	40.51	27.85	31.65	100.00

56
57
58
59

60 ## Table 4. Listing of the PCA: axes and eigenvalues
61
62
```
Principal components/correlation                    Number of obs    =        79
Number of comp.  =        25
Trace           =        25
Rotation: (unrotated = principal)          Rho              =     1.0000


         --------------------------------------------------------------------
         Component    Eigenvalue   Difference      Proportion   Cumulative
         -------------+------------------------------------------------------
         Comp1        3.42315      .275815          0.1369       0.1369
         Comp2        3.14734      1.22276          0.1259       0.2628
         Comp3        1.92457      .134481          0.0770       0.3398
         Comp4        1.79009      .056853          0.0716       0.4114
         Comp5        1.73324      .207756          0.0693       0.4807
         Comp6        1.52548      .122592          0.0610       0.5418
         Comp7        1.40289      .233915          0.0561       0.5979
          (…)
         -------------+------------------------------------------------------


Principal components (eigenvectors)

         ------------------------------------------------------------------------------------------
             Variable |   Comp1     Comp2     Comp3     Comp4     Comp5     Comp6     Comp7
         -------------+----------------------------------------------------------------------------
             Quantific |   0.2638    0.0634   -0.0830    0.0723    0.5046   -0.1042    0.1992
              CommuYes |  -0.0124    0.4988   -0.0989    0.1562   -0.0198   -0.1058   -0.0770
               CommuNo |   0.1686   -0.3817    0.1522   -0.0225    0.3691    0.1318    0.0533
            Passiv_eng |  -0.0263    0.1751   -0.4682    0.2844    0.0336    0.0083    0.1635
            Active_eng |  -0.0078    0.4348    0.3113   -0.0374   -0.0111   -0.0667   -0.2328
               Support |   0.0264    0.4075    0.3432   -0.0751    0.0355    0.1044   -0.0309
                  Scan |  -0.2475    0.0556   -0.0725    0.0662    0.2823   -0.0010   -0.0848
               Recipes |  -0.3081    0.0348    0.0883    0.0533    0.1797   -0.2085    0.1155
           Anteriorit~ |   0.1460    0.2029   -0.2401    0.1897    0.0330    0.1402    0.1024
                  Fear |   0.0317    0.1641    0.2759   -0.1717    0.0170   -0.0657    0.4656
               ICT_fam |  -0.1835   -0.0802    0.0962    0.2739    0.0726    0.1713    0.1542
              Facebook |  -0.2734   -0.0813    0.1485    0.1901    0.2414    0.0117    0.0114
           Improv_self |   0.2398   -0.0770    0.2060    0.1637   -0.0933   -0.3103    0.0866
           Sport_event |   0.1151   -0.0392    0.0168   -0.1387   -0.1390   -0.1829    0.4922
               PaperWW |  -0.3217   -0.0719    0.0525   -0.1022   -0.1987   -0.0781   -0.2701
           E_entertain |  -0.1798   -0.0891    0.1063   -0.1501   -0.3964   -0.0026    0.3301
             Precision |   0.2221    0.1812   -0.1359    0.0262   -0.0722    0.0368    0.1371
                 Trend |   0.1578   -0.1189    0.2423    0.2281    0.0780   -0.2324   -0.1885
            Correl_data |  0.1366    0.0591    0.0321   -0.3502    0.1947    0.4564   -0.0408
               Esthetic |  0.1575    0.0653    0.0773   -0.0944   -0.1049    0.4954    0.0112
             Preventive |  0.1572   -0.0718    0.2464    0.3431   -0.1294    0.2434   -0.1070
               Control |   0.1311   -0.0427   -0.2640    0.0474   -0.2540   -0.0117   -0.1218
               Curative |  -0.3827    0.1861    0.0708    0.0307    0.1342    0.1152    0.2171
```

9

10

```
109     Performance |   0.2724    0.1107    0.0350   -0.2935    0.1232   -0.3515   -0.1646
110         Restart |   0.1632    0.0349    0.2655    0.4773   -0.1732    0.0842    0.0978
111     ----------------------------------------------------------------------------------
112
```

113