

Multimedia Appendix 3. Baseline characteristics of Personal Coaching participants by quartile of mean number of app uses per day (including self-weighing)^a in first six months

	First Quartile (≤0.9)	Second Quartile (>0.9 & ≤1.4)	Third Quartile (>1.4 & ≤2.2)	Fourth Quartile (>2.2)
Total, no.	28	27	28	27
Age at Randomization (years)				
mean (SD)	29.9 (4.3)	29.6 (4.5)	28.6 (4.0)	30.7 (3.7)
median (Q1, Q3)	30.2 (27.7, 33.7)	29.7 (26.5, 33.8)	28.2 (25.4, 31.5)	31.5 (27.7, 33.7)
n (min, max)	28 (20.4, 35.5)	27 (22.2, 35.7)	28 (22.4, 35.8)	27 (22.6, 35.9)
Female, no. (%)	18 (64.3)	17 (63.0)	22 (78.6)	18 (66.7)
Race Category, no. (%)				
White	19 (67.9)	17 (63.0)	13 (46.4)	11 (40.7)
Black	8 (28.6)	9 (33.3)	12 (42.9)	14 (51.9)
Other	1 (3.6)	1 (3.7)	3 (10.7)	2 (7.4)
Race, no. (%)				
White	19 (67.9)	17 (63.0)	13 (46.4)	11 (40.7)
Non-white	9 (32.1)	10 (37.0)	15 (53.6)	16 (59.3)
Hispanic Ethnicity, no. (%)	1 (3.6)	3 (11.1)	2 (7.1)	1 (3.7)
Education Level, no. (%)				
Some college or less	11 (39.3)	11 (40.7)	15 (53.6)	7 (25.9)
College Degree	17 (60.7)	16 (59.3)	13 (46.4)	20 (74.1)
Income Category, no. (%)				
<24,999	7 (25.0)	8 (34.8)	14 (50.0)	4 (14.8)
25,000 - 49,999	12 (42.9)	8 (34.8)	9 (32.1)	14 (51.9)

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50,000 - >100,000	9 (32.1)	7 (30.4)	5 (17.9)	9 (33.3)
In a Committed Relationship, no. (%)	20 (71.4)	19 (70.4)	15 (53.6)	14 (51.9)
Weight in kg				
mean (SD)	102.1 (25.8)	98.4 (19.5)	88.8 (18.8)	106.2 (24.6)
median (Q1, Q3)	93.7 (83.8, 114.4)	97.8 (86.4, 111.3)	83.6 (79.2, 93.8)	103.3 (90.0, 119.1)
n (min, max)	28 (64.8, 165.5)	27 (64.5, 149.3)	28 (64.1, 158.2)	27 (71.0, 189.2)
BMI (kg/m ²)				
mean (SD)	34.7 (7.8)	34.5 (7.4)	32.3 (5.9)	36.9 (7.7)
median (Q1, Q3)	31.5 (29.4, 39.4)	33.9 (28.5, 39.3)	31.2 (29.1, 33.4)	34.0 (31.4, 40.9)
n (min, max)	28 (24.9, 52.9)	27 (25.2, 58.9)	28 (26.2, 57.5)	27 (26.4, 56.2)
Weekly energy expenditure in leisure time phys. activity that includes stairs climbed				
mean (SD)	814.9 (973.5)	685.9 (874.4)	880.2 (790.9)	739.7 (874.8)
median (Q1, Q3)	334.0 (146.0, 1,239.3)	316.0 (112.0, 914.0)	636.5 (280.0, 1,312.0)	387.0 (140.0, 1,001.0)
n (min, max)	24 (0.0, 3,562.0)	21 (0.0, 3,451.5)	25 (28.0, 3,345.5)	23 (0.0, 3,084.9)

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HEI Score				
mean (SD)	50.6 (3.2)	50.3 (4.1)	51.7 (3.2)	50.4 (3.0)
median (Q1, Q3)	50.6 (47.2, 53.1)	50.7 (46.9, 52.5)	51.9 (49.7, 53.2)	50.1 (48.1, 52.7)
n (min, max)	27 (45.2, 56.4)	27 (43.5, 59.8)	27 (44.3, 57.1)	24 (44.7, 57.0)
Hypertension ^a , no. (%)	4 (14.3)	6 (22.2)	3 (10.7)	5 (18.5)

Abbreviations: CELL PHONE, Cell Phone Intervention; PC, Personal Coaching Intervention; SD, standard deviation; Q1, 1st quartile; Q3, 3rd quartile; BMI, body mass index; HEI, healthy eating index.

^aThis measure was calculated by taking the average (in the first six months) of a binary indicator for each participant of whether they used at least one app or not, then averaging this across all participants.

^bResting SBP > 140 or resting DBP > 90 or taking BP medication.