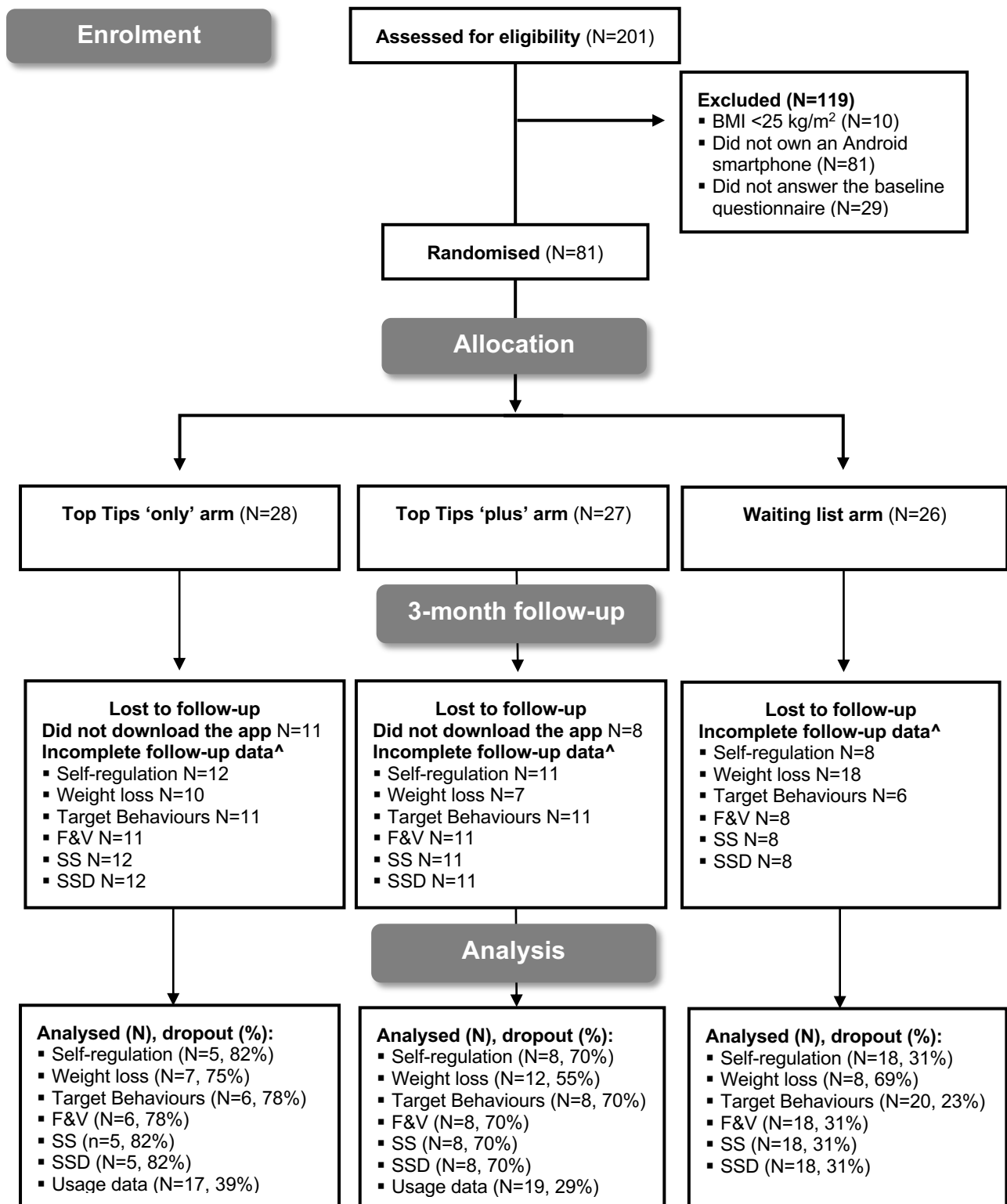


Flow diagram of participation during the 3-month study period



**Note=** Self-regulation refers to data for the Self-Regulation of Eating Behaviour Questionnaire. Target Behaviours refers to data for the frequency of the 16 target behaviours. F&V refers to data for Fruit and vegetable intake in servings per day. SS refers to data for daily occasions of sweet snacks intake. SSD refers to data for daily occasions of sugary sweetened drinks intake. Usage data refers to the automated data obtained from the Top Tips apps. ^Incomplete follow-up data due to lack of recent usage data or incomplete follow-up questionnaire.