

**Appendix 2. Weekly messages received by adherent patient participants**

1. Well done!
2. Keep up the good work!
3. Way to go!
4. Nice job!
5. Keep it up!
6. Fantastic!
7. Great job staying on track!
8. Wonderful!
9. Sweet!
10. You're taking care of yourself!
11. Awesome!
12. Keep the streak alive!