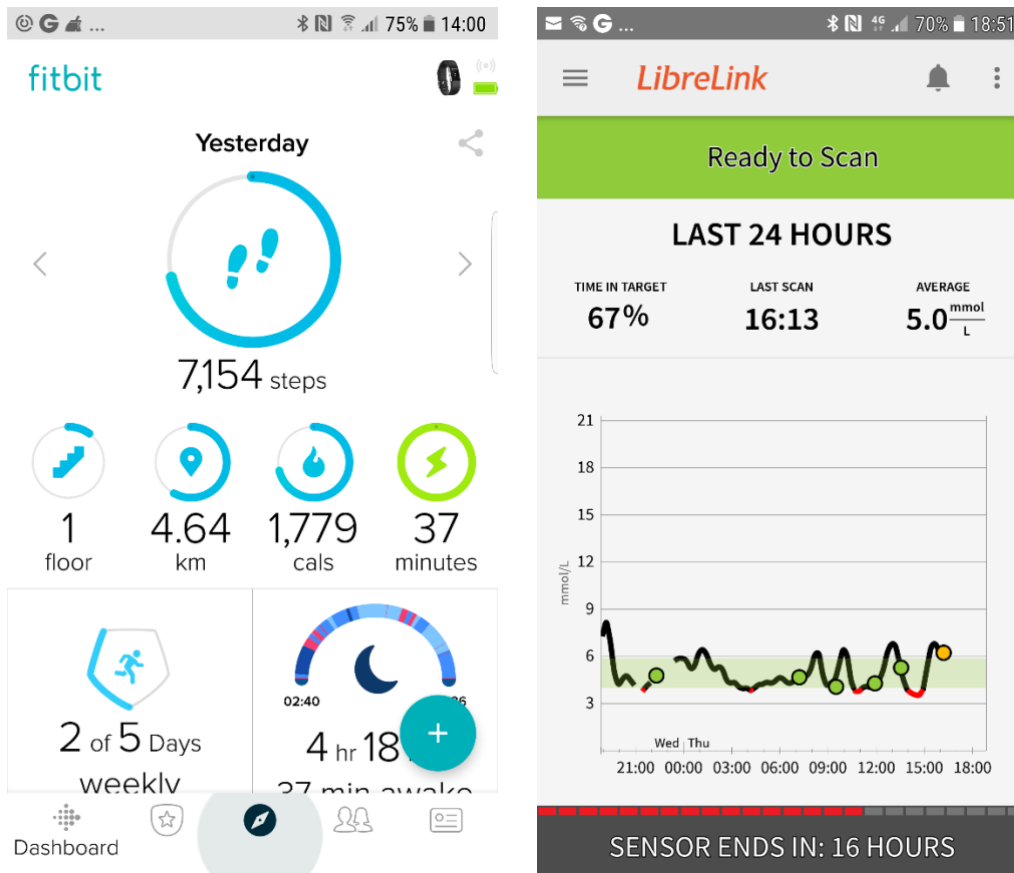**Screenshot showing feedback from the Fitbit and Freestyle Libre apps**

Device deployment

Table. An outline of the data collection procedures for the 3 self-monitoring technologies deployed.

	ActiGraph wGT3x-BT	Fitbit Charge 2	Abbott Freestyle Libre
Devices	24 devices used	45 devices used	176 devices used 0 handheld readers used
Sample rate	100 Hz (.gt3x file format)	60 seconds	900 seconds
Epoch	60 seconds	60 seconds	900 seconds
Initialisation	Deployed in delay mode on day 0. Commenced logging on day 1 at 00:00:00; stop time applied 7 days after	Commenced logging data at point of initialisation on day 0	Commence logging data 1 hour after point of initialisation on day 8 (Groups 1 – G_4GPA_2 and 3 – GPA_6) and day 29 (Group 2 – PA_4GPA_2) and after any additional sensors fitted
Deployment	Fitted by participant (on day 0) with guidance from researcher	Fitted by participant (on day 0) with guidance from researcher	Fitted on by participant (using step-by-step instructions and guidance from research team) on day 0 of intervention to inform subsequent self-deployment of sensors
Location	Anterior hip, mid-line of the right thigh	Non-dominant wrist	Upper portion, non-dominant posterior brachium
Wear duration	Baseline: 7 days (10,080 epochs) Intervention: Not worn	Baseline: 7 days (10,080 epochs) Intervention: 42 days (60,480 epochs)	Baseline: Not worn Intervention: 42 days (60,480 epochs)

Wear instructions	Continual wear except removal for sleep and water-based activities	Continual wear except for sleep and water-based activities	Continual wear (24hr) with adhesive tape over sensor
Charging	Not required	Requested to charge overnight every day	Not required
Non-wear	≥60 min of consecutive zeros with allowance for 2 minutes of interruptions coded as non-wear.	An absence of heart rate signal.	Lifespan of sensor not met (expected duration of 14 days) and any missing data between sensors.
Valid day criteria	≥10 hours of valid waking wear time	≥10 hours of valid waking wear time	≥90% of data points per day
Valid file	Baseline: ≥4 valid days Intervention: Not applicable	Baseline: ≥4 valid days Intervention: ≥24 valid days	Baseline: Not applicable Intervention: ≥4 days