

Supplementary Table 2. Average Daily Step Count (STEPS) Goal Attainment per Group

Group	Participant ID	Baseline STEPS (week 1 and 2)	STEPS Goal	Total Weeks STEPS Goal Met	Total Weeks of STEPS	Percentage of Weeks Mean STEPS Goal Met	Mean Percentage of Weeks Mean STEPS Goal Met	p-value
CoachMS	3	10853	10000	13	17	76.5%	43.0%	0.409
	4	6724	6000	13	17	76.5%		
	6	635	3500	2	3	66.7%		
	7	9427	10000	9	17	52.9%		
	10	5820	6500	3	17	17.6%		
	12	5250	7500	0	6	0.0%		
	16	3233	6000	1	16	6.3%		
	19	10131	10000	2	17	11.8%		
	21	3160	5000	5	11	45.5%		
	22	2083	2500	5	17	29.4%		
25	6031	3500	13	14	92.9%			
Control	2	2359	4000	0	22	0.0%	47.0%	0.409
	8	3178	2800	10	17	58.8%		
	15	4314	6200	9	13	69.2%		
	17	1908	6200	1	17	5.9%		
	18	7363	10000	0	7	0.0%		
	20	3116	6000	9	17	52.9%		
	23	12035	14000	13	17	76.5%		
	24	2552	2500	11	14	78.6%		
	26	9712	6000	14	18	77.8%		

Legend: STEPS: average step count; Total Weeks STEPS Goal Met: total number of weeks participant met step goal set at 2 week check in; Total Weeks of STEPS: total number of weeks participant produced valid STEPS data (3 days of valid STEPS [128 steps/day]); Percentage of Weeks Mean STEPS Goal Met: weeks step goal met out of total weeks of valid steps; Mean Percentage of Weeks STEPS Goal Met: mean percentage of percentage step goal met for each group