

Supplementary Table 1

Inclusion and exclusion criteria for study participants

Inclusion criteria	Exclusion Criteria
BMI 25 to 42 kg/m ²	Current or planned pregnancy
Age 18 to 65 years	Cardiovascular, pulmonary, renal, and/or joint disease
Employed in sedentary occupations	Uncontrolled thyroid disease
Weight stability for last 4 weeks	History of eating disorders, psychiatric disease
Own a personal smartphone with >4 gigabyte data per month or unlimited	History of substance abuse or dependence in the last 1 year
Proficient with use of smartphone applications and technology with current daily usage	Diabetes mellitus
Home internet availability with personal computer	Night shift work
Ability to engage in moderate-intensity exercise	Previous weight-loss surgery
Ability to comply with all study-related procedures	Use of weight loss drugs/diet/program in the last 6 weeks