

### Supplementary Table 3

#### Quantitative parameters for each participant in the intervention group

Participant	Weight Change (kg)	Weight Change (%)	Total no. of food photographs	Total no. of text messages	Total number of times on scale	Total number of unique days on scale	Mean daily step count
1	-19.28	-25.48	308	141	168	156	15040
2	-14.56	-15.18	96	166	159	94	16831
3	-13.2	-15.32	195	142	259	121	9008
4	-11.52	-11.67	65	199	241	86	15786
5	-10.57	-10.64	141	105	323	160	8574
6	-8.03	-8.42	24	20	158	121	8836
7	-5.53	-6.43	59	17	118	89	9109
8	-5.49	-5.03	60	38	107	39	8208
9	-4.17	-3.85	31	35	90	61	8187
10	-3.27	-3.41	26	18	167	159	12042
11	-0.73	-0.71	37	47	127	73	8834
12	0.09	0.13	23	8	94	47	10347
13	3.13	3.03	11	3	34	28	7374