

Supplemental Table 1.

	All participants (n = 135)	Standardized diet group (n = 64)	Personalized diet group (n = 71)
Percentage of days participants logged at least 50% of daily calorie goal in the PNP application			
mean	36.8	27.5	45.1
sd	34.4	0.0	0.0
25th percentile	4.3	0.6	9.3
median	23.5	12.3	43.8
75th percentile	68.5	96.3	97.5
Percentage of group counseling sessions attended			
mean	74.4	74.4	74.3
sd	26.2	25.6	26.8
25th percentile	64.3	64.3	64.3
median	85.7	85.7	85.7
75th percentile	92.9	92.9	92.9