Supplement: Appendices

Appendix A. Behavioral Survey Questions

1. How many of the last seven days have you followed a diet that was about half vegetables & fruit, a quarter whole grains, a quarter lean protein, and limited in fat, salt & added sugar?

2. How many of the last seven days have you tried to stay within a personal calorie goal? If you don't have a personal calorie goal, select "0."

3. These questions are about exercise. If you were sick during the past 7 days, please think back to the last seven days that you were not sick. On how many of the last seven days did you participate in at least 30 minutes of physical activity?

   DEFINITION: Physical activity includes exercise sessions, as well as things you do around the house or as a part of your work or daily life, including walking, gardening (anything that gets you perspiring or gets your heart rate up). When deciding if you participated in 30 minutes of physical activity, add up the total minutes that you did physical activity for that day.

4. On how many of the last seven days did you participate in EXERCISE sessions for at least 30 minutes, such as swimming or walking, OTHER THAN what you do around the house or as part of your work or daily life?

For the next two questions, indicate if you disagree or agree with the following statements using a 0-10 scale. (0 = strongly disagree, 5 = neutral, 10 = strongly agree)

5. In general, I believe that I am able to turn a weight loss goal into a workable plan.

6. In general, I believe I know enough to make the right choices about food and exercise to lose weight.
Appendix B. MyFitnessPal Survey Questions

What do you like about MyFitnessPal?
☐ Easy to use
☐ Fun to use
☐ Social networking feature
☐ Receiving feedback on progress
☐ Reminders
☐ Online forums
☐ Other

If you stopped using MyFitnessPal, why did you stop using it?
☐ Not easy to use
☐ Not fun to use
☐ It’s tedious
☐ Social networking feature
☐ Getting feedback on progress
☐ Reminders
☐ Online forums
☐ Other: please specify
Appendix C. Predicted mean change in weight accounting for possible informative drop-out.

<table>
<thead>
<tr>
<th>Weight Change (lb)</th>
<th>Intervention vs control</th>
<th>95% CI</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>3m</td>
<td>-0.62</td>
<td>-2.90 to 1.65</td>
<td>0.59</td>
</tr>
<tr>
<td>6m</td>
<td>0.08</td>
<td>-3.04 to 3.20</td>
<td>0.96</td>
</tr>
</tbody>
</table>
Appendix D. Predicted mean change in weight excluding outlier participants in control group who used the app 782 times and lost 29 pounds.

<table>
<thead>
<tr>
<th>Weight Change (lb)</th>
<th>Intervention vs control</th>
<th>95% CI</th>
<th>p-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>3m</td>
<td>-0.73</td>
<td>-2.57 to 1.11</td>
<td>0.44</td>
</tr>
<tr>
<td>6m</td>
<td>-1.0</td>
<td>-3.36 to 1.62</td>
<td>0.46</td>
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</tbody>
</table>
Appendix E. Participant responses to “What do you like about MyFitnessPal?” (n = 83)

*Reasons listed below “OTHER” represent free-text responses, categorized by the investigators.*
Appendix F. Participant responses to “If you stopped using MyFitnessPal, why did you stop? (n = 58)

*Reasons listed below “OTHER” represent free-text responses, categorized by the investigators.