

## Multimedia Appendix 1

**Table M1: Consistency of use of the commercial web-based weight loss programs self-monitoring tools (online diary to monitor food and exercise and weigh-ins) by treatment group (basic vs. enhanced) from Week 1 to 12**

Week	Basic	Enhanced	Pearson chi- squared	P value	
<i>Food entries to online diary</i>					
<b>Compliance: Proportion who used <math>\geq 3</math> days/week (%)</b>					
1	69.2	79.6	4.40	.036	
2	62.9	77.2	7.35	.007	
3	56.6	70.3	6.02	.014	
4	47.6	67.1	11.75	.001	
5	39.2	63.3	17.51	<.001	
6	37.1	55.1	9.78	.002	
7	30.8	52.5	14.58	<.001	
8	29.4	52.5	16.58	<.001	
9	27.3	51.3	18.03	<.001	
10	24.5	53.8	26.92	<.001	
11	28.7	48.1	11.93	.001	
12	28.7	46.8	10.49	.001	
<i>Exercise entries to online diary</i>					
<b>Compliance: Proportion who used <math>\geq 3</math> days/week (%)</b>					
1		36.4	46.2	2.99	.084
2		39.9	48.7	2.39	.122
3		33.6	39.2	1.04	.307
4		26.6	40.5	6.50	.011
5		23.8	37.3	6.47	.011
6		21.0	33.5	5.93	.015
7		17.5	31.0	7.41	.016
8		17.5	36.1	13.09	<.001
9		17.5	31.7	18.05	.005
10		15.4	28.5	7.44	.006
11		11.9	29.8	14.30	<.001
12		16.8	24.1	2.42	.119
<i>Weigh-ins</i>					
<b>Compliance: Proportion who used 1 day/week (%)</b>					
1	95.8	98.1	1.37	.24	
2	65.0	81.7	10.70	.001	
3	67.8	76.6	2.88	.09	
4	62.9	77.9	8.07	.01	
5	55.2	77.2	16.33	<.001	
6	54.6	69.6	7.28	.01	
7	45.5	69.0	17.04	<.001	
8	47.6	62.0	6.36	.01	
9	44.1	65.2	13.55	<.001	
10	39.2	63.3	17.51	<.001	
11	38.5	60.1	14.09	<.001	
12	45.5	57.0	3.98	.046	

Chi-squared test  $X^2$  (2, 301) to compare the number of participants per group who used the self-monitoring tools

