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**Supplement 1. Data extraction form**


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**Study Characteristics**

<i>Intervention type</i>	Diet	Physical activity	Both
<i>Pilot study</i>	Yes	No	
<i>Country of study</i>			

**Participant Characteristics**

<i>Study population</i>	General population	Patient population (please specify)	Other population (please specify)
<i>Age range</i>			
<i>Mean age</i>			
<i>Percent female</i>			
<i>Percent overweight/obese</i>			
<i># of participants enrolled</i>			
<i># of participants completed</i>			

**Intervention Characteristics**

<i>Study design</i>	Randomized control trial	Cohort study	Other (please specify)
<i>Behavioral theory used</i>			
<i>Intervention duration</i>			
<i>Targeted behavior(s)</i>			
<i>Behavioral assessment methods</i>	Self-reported (please specify)	Objectively measured (please specify)	
<i>Behavioral goal(s)</i>			

**Feedback Characteristics**

<i>Content (control group)</i>					
<i>Content (intervention group)</i>					
<i>Actionable</i>	Yes	No			
<i>Frequency</i>					
<i>Timing</i>					
<i>Mode of delivery</i>	Mobile phone/SMS text messages	Smartphone apps	Wearable devices (e.g., Fitbit)	Website	Other (please specify)
<i>Prompt</i>	Passive	User-initiated			

**Study Results**

<i>Within-group changes (separate row for each outcome)</i>	Outcome(s)	Magnitude of change:	Significance of change:
<i>Between-group differences (separate row for each outcome)</i>	Outcome(s)	Magnitude of difference:	Significance of difference:

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