

Appendix 1 – A Diary Response Example

Please type in your name:

[#1]

Please describe your interactions with the app today. (E.g., How many times and how long you used it? What features did you utilize? Any likes, dislikes?)

Today, I logged into the app only twice, but I recorded all of my meals. I have been traveling the past few days and although I have data I prefer to do my app browsing/emails when I am connected to the WIFI, which partially explains why my log-ins and responses have not been as frequent (I have been keeping track of my activity on a notes page in my phone and then submitting my daily interactions into the survey). In addition, since I am with friends it is more difficult to log my meals as I eat them because I am eating with other people and I find it distracting/almost rude to have your phone at a restaurant table when in the company of others. Generally, I eat my meals alone or watching TV/on the computer; I find it to be more of a challenge to integrate the MyFitnessPal app into my eating routine if I am eating out with others or socially.