Table S1 Tables describe the data, such as means and standard deviations for each item, received from SUS and additional questionnaire surveys

Item	Question	Minimum	Maximum	Mean	Std. deviation	Variance
Features and functionality results table						
11	How satisfied are you with the login process?	4.00	5.00	4.30	0.46	0.21
12	How satisfied are you with customizing your goals?	3.00	5.00	4.30	0.64	0.41
13	How satisfied are you with recommendation features (recipes, snacks, exercises) in the app?	3.00	5.00	4.40	0.80	0.64
14	How satisfied are you with the privacy and security features?	3.00	5.00	4.10	0.70	0.49
15	How satisfied are you with the navigation of the app?	3.00	5.00	4.00	0.63	0.40
16	How satisfied are you with the points features?	2.00	5.00	3.90	1.14	1.29
17	How satisfied are you with CommitFit not harming the user's self-esteem?	2.00	5.00	4.30	0.90	0.81
Intent of use results table						
18	How likely would you be to download and use an app like this?	2.00	4.00	3.40	0.66	0.44
19	How likely would you be to use this app on a daily basis to log your health behaviors?	3.00	5.00	3.90	0.83	0.69
20	How likely would you be to use this app longer than a week?	2.00	5.00	4.10	0.94	0.89
21	How likely would you be to use this app longer than a month?	1.00	5.00	3.80	1.25	1.56
22	How likely do you think this app would change your health behaviors temporarily?	3.00	5.00	4.00	0.77	0.60
23	How likely do you think this app would change your health behaviors permanently?	2.00	4.00	3.20	0.75	0.56
24	How likely would you be to use this app to earn points to compete with your friends?	4.00	5.00	4.50	0.50	0.25
25	How likely would you be to use this app to earn points to compete with your family members?	3.00	5.00	4.60	0.66	0.44
26	How likely do you think the gamification techniques used (points, badges, leaderboard) would motivate you to try to improve your health behaviors?	3.00	5.00	4.50	0.81	0.65
27	How likely would you be to discuss data that you logged through the CommitFit app with your doctor?	3.00	5.00	3.80	0.75	0.56
28	How likely would you allow your doctor to have access to your health behavior records?	3.00	5.00	3.80	0.60	0.36
Look and feel results table						
29	How would you rate the look and feel of the 'CommitFit' app?	2.00	4.00	3.50	0.67	0.45

SUS, System Usability Scale.