

Appendix

Article title: Effectiveness of a Just-In-Time Adaptive App to Increase Daily Steps: An RCT

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Appendix Table 1. Observed daily step count data points per experimental group per time point.

Variable	Time point	Total (N = 176)	Intervention (n = 87)	Control (n = 89)
Observed step count data points, <i>n</i> (%)	1	2538 (16.6)	1204 (16.4)	1334 (16.7)
	2	2180 (14.2)	1002 (13.6)	1178 (14.8)
	3	1871 (12.2)	916 (12.5)	955 (12.0)
	4	1449 (9.5)	717 (9.8)	732 (9.2)
	5	955 (6.2)	436 (5.9)	519 (6.5)
	6	770 (5.0)	373 (5.1)	397 (5.0)
	7	839 (5.5)	417 (5.7)	422 (5.3)
	8	806 (5.3)	419 (5.7)	387 (4.8)
	9	945 (6.2)	446 (6.1)	499 (6.3)
	10	913 (6.0)	439 (6.0)	474 (5.9)
	11	808 (5.3)	391 (5.3)	417 (5.2)
	12	689 (4.5)	338 (4.6)	351 (4.4)
	13	564 (3.7)	249 (3.4)	315 (3.9)
Total observed data points, <i>n</i> (%)		15327 (100)	7347 (100)	7980 (100)
Total possible data points, <i>n</i>		51366	24612	26754
Observed/possible data points, (%)		29.8%	29.9%	29.8%