

Supplementary Table 1: Prompts and Feedback In Twazon App

Category	Prompts and Feedback
Physical Activity: User's daily physical activity gauge	Visual Feedback: <i>Mainpage</i> - Physical activity feedback circular gauge completes itself when one hour of physical activity is performed.
Step Counter: User's daily step counter gauge	Visual Feedback: <i>Mainpage</i> - Daily step feedback circular gauge completes itself when user has taken 10,000 steps.
User has completed less than 5,000 steps	Message Prompt: <i>Stepcounter page</i> - "No one can reach 10,000 on the first try. Start gradually and try to add 500 steps daily."
User has completed 5000 - 7499 steps	Message Prompt: <i>Stepcounter page</i> - "Good Job! You have reached half way! Keep walking!"
User has completed 7500-9999 steps	Message Prompt: <i>Stepcounter page</i> - "Excellent, you have almost reached your goal, just a short distance more!"
User has completed 10000- 12499 steps	Message Prompt: <i>Stepcounter page</i> - "Congratulations! You have reached your daily Goal! Try to make it a daily habit!"
User has completed 12500 steps or more	Message Prompt: <i>Stepcounter page</i> - "you are very active, you should be proud!"
Water Intake: User's daily physical activity gauge	Visual Feedback: <i>Mainpage</i> - Water consumption feedback circular gauge completes itself when user consumes 6 cups of water.
User does not drink daily recommended amount of water	Visual Feedback: <i>Mainpage</i> - Daily water intake circle remains gray.
User has consumed daily recommended amount of water	Visual Feedback: <i>Mainpage</i> - Daily water intake circle turns blue.
Calorie Intake: User's daily calorie intake gauge	Visual Feedback: <i>Mainpage</i> - Calculation of user's daily calorie intake and remaining daily calorie intake displayed through number and daily calorie circle.
User is 200 calories away from daily limit	<i>Food database</i> - Calculation of user's daily calorie intake and remaining daily calorie intake displayed.
Daily calorie intake has exceeded the limit	Visual Feedback: <i>Mainpage</i> - Daily calorie intake circle turns red. Visual Feedback: <i>Mainpage</i> - Daily calorie intake circle turns red.
User has consumed equal to or less than daily calorie limit	Message Prompt: <i>Food database</i> - "You exceeded your daily intake. We care about your health" Visual Feedback: <i>Mainpage</i> - Daily calorie intake circle is green.
Goal Setting and Assessment: Number of days user has to complete goals	Visual Feedback: <i>Mainpage</i> - Counter counts down number of days until

Remind users to adjust weight information so as to calculate weight loss goals every 2 weeks.

Remind users to complete two week assessment in order to adjust which tailored health tips are displayed.

Give user updated information about their BMI as they engage with the app.

Demonstrate to user how to measure their waist, and give information regarding risk for developing chronic disease based on their results.

Health tips:

General health tips sent to all users (frequency based on users preference settings).

Tailored health tips sent to users based on palm tree assessments.

Social Notifications:

Notify user of new followers inside Twazon social network.

Notify user of new "like" on their post.

Notify user of number of followers.

weight loss goal is complete.

Message Prompt:

Mobile Device Notification - "Please update your weight information."

Message Prompt:

Mobile Device Notification - "Please update your palm tree information."

Visual Feedback:

Sign-up page: BMI number with classification displayed (underweight, healthy weight, overweight, obese)

Settings page: BMI number with classification displayed (underweight, healthy weight, overweight, obese)

Visual Feedback:

Settings page: Photos demonstrating correct method of waist measurement are given with cue for user to enter their measurement into the app.

Message Prompt:

Setting page: User is notified with a message regarding risk for developing chronic disease based on their waist measurement.

Examples:

"Your waist circumference is more than 80cm, this increases the risk of developing chronic disease"

"Your waist measurement is more than 88cm, you have a greatly increased risk to develop chronic disease"

Message Prompts:

Mobile Device Notifications - General health tips are sent to users from a library of 26 health tips.

Examples Include:

"Use oven cooking instead of frying in oil or fat"

"There is no one food that contains all the known essential nutrients"

"Balance your diet during the day, if you eat a big meal at lunch, eat light one at dinner".

Message Prompts:

Mobile Device Notifications - Tailored notifications are sent to users from a library of 115 health tips. Topics of tailored tips are advice on: Fruit, Milk, Meat, Bread and Cereals, Oils, Sugars and Fitness.

Examples Include:

"Use low fat dairy products rather than whole fat"

"When ordering food don't add extra cheese or mayonnaise"

"Popcorn is a light and healthy snack"

Message Prompt:

Mobile Device Notifications - "(name) started following you"

Message Prompt:

Mobile Device Notifications - "(name) likes your post"

Visual Feedback:

Social Account Page - "(number) following you" / "you are

following (number)" / number of posts