Multimedia Appendix 1: Stay Strong + Coaching Screenshots

Wall with sync reminder and educational message

Tempted by goodies at the store? Make a shopping list before you go, which can help you avoid buying unnecessary high-calorie foods. Also, avoid junk-food aisles if possible.

Wall with new goal message and motivational message

Lean on friends and family to reduce stress.

Step counts 1 week graph view

Step counts 4-week graph view

Frequently Asked Questions