

Multimedia Appendix 2. Comparison of baseline characteristics between participants with complete (n=217) and incomplete follow-up data (n=48).

	Non-Completers n=48	Completers n=217	p-value¹
<i>Study arm</i>			0.54
Intervention	26 (54.2)	107 (49.3)	
Control	22 (45.8)	110 (50.7)	
<i>Measured physical activity at baseline</i>			0.76
Sedentary (<5,000 steps/day)	25 (52.1)	117 (53.9)	
Low to somewhat active (5,000-9,999 steps/day)	22 (45.8)	97 (44.7)	
Active to highly active (10,000+ steps/day)	1 (2.1)	3 (1.4)	
<i>Activity tracker wear at baseline</i>			
Total valid ² days at baseline (4-7 days)	6.0 ± 1.0	6.5 ± 0.7	0.003
Wear time per day, hours			
Mean ± SD	14.5 ± 1.6	14.4 ± 1.6	0.83
Median (1 st , 3 rd IQR)	14.5 (13.2, 15.8)	14.3 (13.0, 15.3)	0.76
<i>Age in years</i>			
Mean ± SD	36.7 ± 12.1	40.6 ± 11.5	0.035
Median (1 st , 3 rd IQR)	33 (28, 43)	39 (31, 50)	0.024
<i>Gender</i>			0.92
Male	32 (66.7)	143 (65.9)	
Female	16 (33.3)	74 (34.1)	
<i>Race</i>			0.71
White	36 (75.0)	169 (77.9)	
Black	6 (12.5)	24 (11.1)	
Hispanic	0	4 (1.8)	
Asian	3 (6.2)	8 (3.7)	
Other	2 (4.2)	5 (2.3)	
Don't know	1 (2.1)	7 (3.2)	
<i>Education level</i>			0.07
High School, Technical/vocational school	4 (8.3)	7 (3.2)	
Some college	3 (6.3)	27 (12.4)	
College graduate	28 (58.3)	96 (44.2)	
Post graduate	13 (27.1)	85 (39.2)	
Don't know/Prefer not to answer	0	2 (1.0)	
<i>Annual income</i>			0.45
< \$60,000	20 (41.7)	63 (29.0)	
\$60,000 - \$120,000	12 (25.0)	61 (28.1)	
> \$120,000	10 (20.8)	46 (21.2)	
Don't know/Prefer not to answer	6 (12.5)	47 (21.7)	
Number of valid ² days, mean ± SD	6.0 ± 1.0	6.5 ± 0.7	0.003
Hours of wear per day, mean ± SD	14.0±1.4	14.5 ± 1.2	0.015
Has 2 (vs 1) valid ² weekend days, n (%)	23 (47.9)	149 (68.7)	0.006

1. Comparisons were performed by χ^2 tests for categorical variables, and independent samples two-tailed t-tests (means) and Wilcoxon rank sum tests (medians) for continuous variables.
2. A valid day is defined as having at least 10 hours of activity tracker wear time.