**Supplemental Content 1.** Frequency of lifestyle strategies by total group and stratified by intervention arm at baseline.

|  |  | **Total** | **Coaching Group** | **Tracking-Only Group** |
| --- | --- | --- | --- | --- |
| **Measure** |  | ***N* (%)** | ***n* (%)** | ***n* (%)** |
| **Any diet/physical activity (PA) self-monitoring** | Yes | 133 (68.9%) | 65 (67.0%) | 68 (70.8%) |
| Recording calories in past 6 months | Yes | 100 (51.8%) | 52 (53.6%) | 48 (50.0%) |
| Recording fat in past 6 months | Yes | 68 (35.2%) | 36 (37.1%) | 32 (33.3%) |
| Recording other nutrients in past 6 months | Yes | 60 (31.1%) | 29 (29.9%) | 31 (32.3%) |
| Recording physical activity in past 6 months | Yes | 103 (53.4%) | 50 (51.5%) | 53 (55.2%) |
| Recording pedometer in past 6 months | Yes | 46 (23.8%) | 21 (21.6%) | 25 (26.0%) |
| Journaling in past 6 months | Yes | 25 (13.0%) | 8 (8.2%) | 17 (17.7%) |
| **Any group/commercial support** | Yes | 141 (73.1%) | 67 (69.1%) | 74 (77.1%) |
| Commercial program in past 6 months | Yes | 29 (15.0%) | 14 (14.4%) | 15 (15.6%) |
| Fitness or nutrition class in past 6 months | Yes | 54 (28.0%) | 27 (27.8%) | 27 (28.1%) |
| Workplace challenge in past 6 months | Yes | 39 (20.2%) | 16 (16.5%) | 23 (24.0%) |
| Walking group in past 6 months | Yes | 50 (25.9%) | 24 (24.7%) | 26 (27.1%) |
| DVD, Wii Fit in past 6 months | Yes | 43 (22.3%) | 17 (17.5%) | 26 (27.1%) |
| Research study in past 6 months | Yes | 38 (19.7%) | 18 (18.6%) | 20 (20.8%) |
| Other group in past 6 months | Yes | 24 (12.4%) | 10 (10.3%) | 14 (14.6%) |
| **Any other behavioral skills** | Yes | 192 (99.5%) | 97 (100%) | 95 (99.0%) |
| Self-weighing in past 6 months | Yes | 174 (90.2%) | 88 (90.7%) | 86 (89.6%) |
| Structured eating plan in past 6 months | Yes | 136 (70.5%) | 72 (74.2%) | 64 (66.7%) |
| Cue management in past 6 months | Yes | 145 (75.1%) | 77 (79.4%) | 68 (70.8%) |
| Healthy dining out in past 6 months | Yes | 130 (67.4%) | 63 (64.9%) | 67 (69.8%) |
| Mindful eating in past 6 months | Yes | 126 (65.3%) | 63 (64.9%) | 63 (65.6%) |
| Stress management in past 6 months | Yes | 123 (63.7%) | 64 (66.0%) | 59 (61.5%) |
| Reward success in past 6 months | Yes | 51 (26.4%) | 31 (32.0%) | 20 (20.8%) |
| Portion management in past 6 months | Yes | 166 (86.0%) | 82 (84.5%) | 84 (87.5%) |
| **Any professional support** | Yes | 132 (68.4%) | 70 (72.2%) | 62 (64.6%) |
| Talked to referring MD/primary care physician (PCP) in past 12 months | Yes | 109 (56.5%) | 60 (61.9%) | 49 (51.0%) |
| Support/encouragement in past 12 months | Yes | 103 (94.5%) | 57 (95.0%) | 46 (93.9%) |
| More frequent PCP visits in past 12 months | Yes | 27 (24.8%) | 14 (23.3%) | 13 (26.5%) |
| Diet counseling in past 12 months | Yes | 77 (70.6%) | 45 (75.0%) | 32 (65.3%) |
| PA counseling in past 12 months | Yes | 81 (74.3%) | 45 (75.0%) | 36 (73.5%) |
| Referral to health educator in past 12 months | Yes | 34 (31.2%) | 20 (33.3%) | 14 (28.6%) |
| Referral to commercial in past 12 months | Yes | 8 (7.3%) | 4 (6.7%) | 4 (8.2%) |
| Nutritionist in past 12 months | Yes | 38 (19.7%) | 19 (19.6%) | 19 (19.8%) |
| Physical therapist in past 12 months | Yes | 34 (17.6%) | 16 (16.5%) | 18 (18.8%) |
| Mental health therapist in past 12 months | Yes | 21 (10.9%) | 11 (11.3%) | 10 (10.4%) |