**Supplemental Content 2.** Frequency of lifestyle strategies by total group and stratified by intervention arm at 24 months.

|  |  | **Total** | **Coaching Group** | **Tracking-Only Group** |
| --- | --- | --- | --- | --- |
| **Measure** |  | ***N* (%)** | ***n* (%)** | ***n* (%)** |
| **Any diet/physical activity (PA) self-monitoring** | Yes | 105 (74.5%) | 54 (76.1%) | 51 (72.9%) |
| Recording calories in past 6 months | Yes | 61 (43.3%) | 35 (49.3%) | 26 (37.1%) |
| Recording fat in past 6 months | Yes | 48 (34.0%) | 29 (40.8%) | 19 (27.1%) |
| Recording other nutrients in past 6 months | Yes | 41 (29.1%) | 24 (33.8%) | 17 (24.3%) |
| Recording physical activity in past 6 months | Yes | 81 (57.4%) | 46 (64.8%) | 35 (50.0%) |
| Recording pedometer in past 6 months | Yes | 85 (60.3%) | 43 (60.6%) | 42 (60.0%) |
| Journaling in past 6 months | Yes | 13 (9.2%) | 8 (11.3%) | 5 (7.1%) |
| **Any group/commercial support** | Yes | 84 (59.6%) | 41 (57.7%) | 43 (61.4%) |
| Commercial program in past 6 months | Yes | 13 (9.2%) | 5 (7.0%) | 8 (11.4%) |
| Fitness or nutrition class in past 6 months | Yes | 35 (24.8%) | 20 (28.2%) | 15 (21.4%) |
| Workplace challenge in past 6 months | Yes | 19 (13.5%) | 11 (15.5%) | 8 (11.4%) |
| Walking group in past 6 months | Yes | 35 (24.8%) | 16 (22.5%) | 19 (27.1%) |
| DVD, Wii Fit in past 6 months | Yes | 24 (17.0%) | 14 (19.7%) | 10 (14.3%) |
| Research study in past 6 months | Yes | 9 (6.4%) | 6 (8.5%) | 3 (4.3%) |
| Other group in past 6 months | Yes | 6 (4.3%) | 6 (8.5%) | 0 (0.0%) |
| **Any other behavioral skills** | Yes | 138 (97.9%) | 69 (97.2%) | 69 (98.6%) |
| Self-weighing in past 6 months | Yes | 126 (89.4%) | 65 (91.5%) | 61 (87.1%) |
| Structured eating plan in past 6 months | Yes | 89 (63.1%) | 40 (56.3%) | 49 (70.0%) |
| Cue management in past 6 months | Yes | 98 (69.5%) | 50 (70.4%) | 48 (68.6%) |
| Healthy dining out in past 6 months | Yes | 90 (63.8%) | 44 (62.0%) | 46 (65.7%) |
| Mindful eating in past 6 months | Yes | 100 (70.9%) | 51 (71.8%) | 49 (70.0%) |
| Stress management in past 6 months | Yes | 98 (69.5%) | 51 (71.8%) | 47 (67.1%) |
| Reward success in past 6 months | Yes | 39 (27.7%) | 19 (26.8%) | 20 (28.6%) |
| Portion management in past 6 months | Yes | 109 (77.3%) | 58 (81.7%) | 51 (72.9%) |
| **Any professional support** | Yes | 86 (61.0%) | 45 (63.4%) | 41 (58.6%) |
| Talked to referring MD/primary care physician (PCP) in past 12 months | Yes | 70 (49.6%) | 38 (53.5%) | 32 (45.7%) |
| Support/encouragement in past 12 months | Yes | 63 (90.0%) | 36 (94.7%) | 27 (84.4%) |
| More frequent PCP visits in past 12 months | Yes | 12 (17.1%) | 7 (18.4%) | 5 (15.6%) |
| Diet counseling in past 12 months | Yes | 40 (57.1%) | 24 (63.2%) | 16 (50.0%) |
| PA counseling in past 12 months | Yes | 38 (54.3%) | 24 (63.2%) | 14 (43.8%) |
| Referral to health educator in past 12 months | Yes | 9 (12.9%) | 6 (15.8%) | 3 (9.4%) |
| Referral to commercial in past 12 months | Yes | 5 (7.1%) | 2 (5.3%) | 3 (9.4%) |
| Nutritionist in past 12 months | Yes | 7 (5.0%) | 4 (5.6%) | 3 (4.3%) |
| Physical therapist in past 12 months | Yes | 31 (22.0%) | 17 (23.9%) | 14 (20.0%) |
| Mental health therapist in past 12 months | Yes | 18 (12.8%) | 10 (14.1%) | 8 (11.4%) |