

Multimedia Appendix 3. Potentially effective techniques by monitor system.

BCT	Basis	Bodymedia	Fitbit	Fitbug	Grube	Ibitz	Jawbone	Lumo	Misfit	Nike	Polar	Striiv	Withings
Goal setting (behavior)													
Problem solving													
Goal setting (outcome)													
Action planning													
Review behavior goal(s)													
Commitment													
Feedback on behavior													
Self-monitoring of behavior													
Social support (any kind)													
Instruction on how to perform the behavior													
Information about consequences													
Social comparison													
Behavioral practice/rehearsal													
Rewards (any kind)													
Total	6	7	8	6	5	8	13	7	8	9	6	9	9