

Online supporting information Table S1. Intervention, app and coaching results of 26 weeks

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Table S1 Intervention, app and coaching results of 26 weeks

Outcome variable^{a,b}	HBex (n=63)	HBex-Pro (n=67)	P value*
Accomplished weeks of intervention	23.00 (7.7)	21.59 (7.9)	0.301
Average days of exercise per week	3.31 (1.6)	2.47 (1.8)	0.006
Average number of exercises per week	16.03 (12.8)	9.23 (8.7)	0.001
Average number of exercises level A	3.41 (3.3)	2.62 (3.9)	0.219
Average number of exercises level B	3.62 (4.3)	1.83 (2.8)	0.006
Average number of exercises level C	5.35 (4.36)	2.74 (3.6)	<0.001
Average number of exercises personal choice	3.40 (4.7)	2.24 (3.5)	0.113
Adherence to exercise ≥2 days per week, No. (%)	47 (75)	33 (49)	
Exercise coach contacts face-to-face	5.97 (2.3)	4.96 (2.2)	0.011
Exercise coach contacts video call	4.19 (2.2)	4.45 (2.7)	0.552
Exercise coach contacts total	10.16 (3.8)	9.40 (3.9)	0.266
Diet coach contacts face-to-face	-	2.25 (0.6)	-
Diet coach contacts video call	-	6.79 (2.5)	-
Diet coach contacts total	-	9.06 (2.6)	-
Total coach contacts face-to-face	5.97 (2.3)	7.13 (2.5)	0.006
Total coach contacts video call	4.19 (2.2)	11.24 (4.7)	<0.001
Total coach contacts	10.19 (3.8)	18.46 (6.0)	<0.001

^a Data of all participants of the two intervention groups who started their intervention. *Figure 1* reports the supporting intervention boxes for weeks and participant dropout over time. *Online supporting information Figure S1* visualizes the app derived data of the two groups. ^b Unless otherwise noted, the observed outcomes are reported as mean (SD) per group. * P values for the comparison of the two intervention groups for the coached intervention of 6 months (26 weeks) were calculated with the use of t-tests with a significance level of $p < 0.05$.