| Name of app | Overall (n=761) | Females (n=668) | Males (n=94) | P value* | Age (years), n (%) | Effect size, Phi |
|-------------|----------------|----------------|-------------|----------|-------------------|-----------------|
| Fitbit      | 171 (22.5)     | 158 (24.0)     | 9 (10.7)    | .40      | 46 (19.0)         | 27 (23.5)       |
| Strava      | 130 (17.1)     | 102 (15.0)     | 27 (32.1)   | __b      | 23 (9.5)          | 21 (18.3)       |
| Garmin      | 102 (13.4)     | 91 (14.0)      | 11 (13.1)   | __       | 21 (8.6)          | 16 (14.0)       |
| Samsung Health | 76 (10.0)   | 66 (10.0)      | 7 (8.3)     | __       | 29 (12)           | 10 (8.7)        |
| Apple Health | 45 (5.9)      | 39 (6.0)       | 6 (6.0)     | __       | 25 (10.3)         | 4 (3.5)         |
| MapMyRun or MapMyWalk or MapMyFitness | 21 (2.8) | 21 (3.1) | 0 (0.0) | __       | 3 (1.2)           | 7 (6.1)         |
| Runkeeper   | 18 (2.4)       | 15 (2.2)       | 3 (3.6)     | __       | 5 (2.1)           | 2 (1.7)         |
| MyFitnessPal | 18 (2.4)     | 16 (2.4)       | 2 (2.4)     | __       | 9 (3.7)           | 3 (2.6)         |
| GoogleFit   | 14 (1.8)       | 9 (1.3)        | 3 (3.6)     | __       | 6 (2.5)           | 4 (3.5)         |
| MyZone      | 7 (0.9)        | 6 (0.9)        | 0 (0.0)     | __       | 4 (1.6)           | 0 (0.0)         |

| Type of app | Overall (n=761) | Females (n=668) | Males (n=94) | P value* | Age (years), n (%) | Effect size, Phi |
|-------------|----------------|----------------|-------------|----------|-------------------|-----------------|
| Tracking    | 693 (91.3)     | 607 (90.9)     | 77 (91.7)   | .99      | 205 (84.4)        | 105 (91.3)      |
| Guided workouts | 47 (6.2)   | 42 (6.3)       | 5 (6.0)     | __       | 27 (11.1)         | 9 (7.8)         |
| Tracking and workouts | 10 (1.3)   | 9 (1.3)        | 1 (1.2)     | __       | 4 (1.6)           | 1 (0.9)         |
| Other (booking classes or immersive games) | 9 (1.2) | 8 (1.2) | 1 (1.2) | __ | 6 (2.5) | 0 (0.0) |

| Physical activity app is used for | Overall (n=761) | Females (n=668) | Males (n=94) | P value* | Age (years), n (%) | Effect size, Phi |
|----------------------------------|----------------|----------------|-------------|----------|-------------------|-----------------|
| All daily activity              | 91 (12.0)     | 81 (12.1)     | 8 (9.5)     | .18      | 31 (12.7)         | 16 (14.0)       |
| Individual activities          | 574 (75.4)    | 499 (74.7)    | 70 (83.3)   | __       | 175 (72.0)        | 83 (72.2)       |
| Group-based activities         | 5 (0.7)       | 5 (0.8)       | 0 (0.0)     | __       | 3 (1.3)           | 1 (0.9)         |
| Gym-based activities           | 41 (5.4)      | 39 (6.0)      | 2 (2.4)     | __       | 19 (8.0)          | 10 (8.7)        |
| Combination of individual and group-based and gym-based activities | 22 (3.0) | 22 (3.4) | 0 (0.0) | __ | 8 (3.3) | 2 (1.7) |

*aStatistical significance is represented by P<.05.

*bNot applicable.