

Characteristics of program-usage: models			Δ Waist ^a cm		
			Sources of variance SD (95%CI)		B (95% CI)
Model: description	Independent variables (additional)	Categories	Between teams	Between participants	
Model 1: raw			N/A ^b	4.40 (2.30 to 8.40)	N/A
Model 2: baseline characteristics	Age (years)		N/A	3.37 (1.33 to 8.56)	
	Sex	Women Men			-0.09 (-0.31 to 0.14) Reference -4.95 (-9.96 to 0.06)
	Waist at baseline				0.27 (0.12 to 0.42) ^g
Model 3: model 2 + eHealth-team			1.79 (0.33 to 9.61)	3.17 (1.23 to 8.20)	
Model 4: model 3 + compliance	Compliance ^c	<85% 85-95% \geq 95%	1.54(-0.17 to 12.91)	3.19(1.32 to 7.70)	Reference -1.98 (-6.61 to 2.66) 0.80 (-3.41 to 5.01)
Model 5: model 3 + engagement	Engagement ^d	\leq 3 4 or 5	1.50(-0.24 to 9.52)	2.43(0.44 to 13.30)	Reference 4.44 (0.84 to 8.03)
Model 6: Model 3 + MVPA	MVPA ^{e,f}		1.24(-0.00 to 21.87)	3.02(1.07 to 8.47)	0.20 (-0.16 to 0.55)
Model 7: model 3 + compliance + engagement+ MVPA	Compliance ^c	<85%	1.68(-0.26 to 10.45)	2.70(0.74 to 9.78)	Reference

		85%-95%			-1.25 (-5.93 to 3.44)
		≥95%			-0.91 (-5.58 to 3.76)
	Engagement ^d	≤3			Reference
		4 or 5			4.03 (-0.93 to 8.98)
	MVPA ^{e,f}				0.01 (-0.44 to 0.45)
	Time	0-10 weeks			Reference
		0-23 weeks			-1.69 (-6.14 to 2.75)

^aΔ of outcome = reduction in outcome calculated by measurement at baseline minus measurement at follow-up.

^bN/A: not applicable.

^c Compliance is expressed as percentage of days with > 10 hours of PA registration (accelerometer-wear).

^dEngagement is expressed as the number of times at least 100% of the target was reached (1-5)

^eMVPA: moderate to vigorous physical activity

^fMVPA is expressed as the average moderate-to-vigorous physical activity in MET-hours per day, not log-transformed.

^gStatistically significant at $P < .05$.