

Table S2. Number of Patients and Individual Usage of Specific ILI Toolbox Options.

Toolbox option	Patients n (%) <sup>a</sup>	Uses n (%) <sup>b</sup>
Weigh yourself every day	441 (97.6)	5995 (41.6)
Use a meal replacement or single serving food for both lunch and dinner for 7 days	425 (94.0)	2633 (18.3)
Swap some of your foods for healthier ones	413 (91.4)	4958 (34.4)
Write down everything I eat	374 (82.7)	3280 (22.7)
Make an agreement with yourself that you will choose certain healthy foods or activities over unhealthy ones	363 (80.3)	2830 (19.6)
Make changes in the way I cook my meals	327 (72.3)	3335 (23.1)
Attend all of your sessions with your coach	309 (68.4)	1500 (10.4)
Keep track of what you are eating	299 (66.2)	1400 (9.7)
Use one serving sized foods ____ times a week / day <sup>c</sup>	296 (65.5)	2514 (17.4)
Control how much you eat by measuring your food ____ times a week / day <sup>c</sup>	283 (62.6)	1624 (11.3)
Remove the foods and cues that make you want to eat more and move less	281 (62.2)	1398 (9.7)
Use a meal replacement ____ times a week / day <sup>c</sup>	264 (58.4)	2018 (14.0)
Make an eating plan with your coach	253 (56.0)	1070 (7.4)
Write down how much activity you are doing	233 (51.5)	1408 (9.8)
Review what you've learned in your Make it Happen Book	217 (48.0)	670 (4.6)
Cook my meals at home ____ times this week <sup>c</sup>	163 (36.1)	1355 (9.4)
Plan to make healthy meals at home instead of eating out ____ times a week / day <sup>c</sup>	155 (34.3)	323 (2.2)
Your coach will contact you every few days	151 (33.4)	338 (2.3)
Eat the same breakfast, lunch and snacks each day ____ times a week / day <sup>c</sup>	150 (33.2)	383 (2.7)
Eat single serving foods ____ times a week / day <sup>c</sup>	132 (29.2)	613 (4.3)
Add ____ steps to what you are already doing each day <sup>c</sup>	74 (16.4)	165 (1.1)
Call my coach ____ times this week <sup>c</sup>	65 (14.4)	113 (0.8)
Wear a step tracker (pedometer, Fitbit)	0 (0)	0 (0)
Practice paying more attention to what, when, and how you feel when you eat	0 (0)	0 (0)

<sup>a</sup>Number and percentage of unique ILI patients who were assigned each toolbox option by their health coach during at least one intervention session. The same patient may be assigned the same toolbox option at multiple intervention sessions.

<sup>b</sup>Number and percentage of intervention sessions across all 452 intervention patients in which the health coach assigned each toolbox option.

<sup>c</sup>Specific number was determined through shared decision making between the health coach and patient.