

Supplementary Table 1: Common types of mobile health apps used by the participants

Category	Mobile Health App	Total Number	Percentage
General Health App (Multi-purpose)	Apple Health	79	28.42
	Huawei Health	63	22.66
	Samsung Health	7	2.52
Fitness App	Healthify Me	9	3.24
	Fabulous	2	0.72
	Seven	1	0.36
	Verv	4	1.44
	Weight Loss Fitness	2	0.72
	Pacer	11	3.96
	30 Day Fitness	9	3.24
	Strava	10	3.60
	Fitbit	10	3.60
	My Fitness Pal	12	4.32
	Workout for Women	1	0.36
	ABS Workout	1	0.36
	Losing Weight in 30 Days	1	0.36
	Google Fit	4	1.44
	Jefit	1	0.36
	Biibt	1	0.36
	Nike Run Club	4	1.44
	WE Chat	1	0.36
	Nike Run	1	0.36
	MiFit	1	0.36
Piit Pocket	1	0.36	

Fitness app	Vitality Weekly	1	0.36
	Calorie Tracker	1	0.36
	Home Workout	1	0.36
	Daily Yoga	1	0.36
	Run Keeper	1	0.36
	Swift Tabata	1	0.36
	CLIPTRAC	1	0.36
	Get Fit	1	0.36
	Freelerics	1	0.36
	30-day Fitness Challenges	1	0.36
	Galaxy Wearable	1	0.36
	Huawer Mate 10 app	1	0.36
	Endomondo	4	1.44
	Period Tracker	FLO	3
P.C		9	3.24
Clue		3	1.08
Meditation	Headspace	2	0.72
	Calm	2	0.72
	Thunderspace	1	0.36
Health Monitoring	Heartrate Free	1	0.36
	Sugar Sense	1	0.36
	Clip Trac	1	0.36
Others	Doctor 2u	1	0.36
	MIMS	2	0.72
Total	48	278	100