

Supplemental Tables

Table S1. Baseline participants' characteristics in GWG adherence outcomes

Characteristic	≥ 1.41 min/wk	n	< 1.41 min/wk	n	p-value
Research site (Ottawa)	17 [62.9]	27	10 [34.5]	29	0.033
Age (years)	32.1 ± 4.2	26	32.4 ± 3.8	28	0.847
Body-mass index (kg/m ²)	24.6 ± 4.5	27	25.1 ± 3.7	29	0.672
18.5-24.9 kg/m ²	16 [59.3]	27	17 [58.6]	29	0.923
25.0-29.9 kg/m ²	8 [29.6]		10 [34.5]		
30.0-39.9 kg/m ²	3 [11.1]		2 [6.9]		
Nulliparous (yes)	5 [50.0]	10	8 [36.4]	22	0.467
Annual household income					
< \$CA 30,000	1 [3.8]	26	0 [0.0]	27	0.311
\$CA 30,000-59,999	0 [0.0]		4 [14.8]		
\$CA 60,000-89,999	2 [7.7]		1 [3.7]		
\$CA 90,000-119,999	7 [26.9]		7 [25.9]		
\$CA 120,000-150,000	7 [26.9]		4 [14.8]		
≥ \$CA 150,000	8 [30.8]		8 [29.6]		
Refuse to answer	1 [3.8]		3 [11.1]		
University education (yes)	23 [88.5]	26	17 [63.0]	27	0.031
Ethnicity (European descent)	22 [84.6]	26	16 [59.3]	27	0.041

Values are presented as mean ± standard deviation, n [%]

T-tests, Wald's tests, or Fisher's exact tests are used to compare groups.

Table S2. Baseline participants' characteristics in early-to-late pregnancy GLTE outcomes

Characteristic	≥ 1.97 min/wk	n	< 1.97 min/wk	n	p-value
Research site (Ottawa)	17 [77.3]	22	7 [31.8]	22	0.002
Age (years)	33.1 ± 3.6	22	32.6 ± 2.9	21	0.634
Body-mass index (kg/m ²)	25.0 ± 3.8	22	24.6 ± 3.5	21	0.775
18.5-24.9 kg/m ²	11 [50.0]	22	13 [61.9]	21	0.760
25.0-29.9 kg/m ²	10 [45.4]		7 [33.3]		
30.0-39.9 kg/m ²	1 [4.5]		1 [4.8]		
Nulliparous (yes)	2 [40.0]	5	8 [47.1]	17	0.781
Annual household income					
< \$CA 30,000	0 [0.0]	21	0 [0.0]	21	0.480
\$CA 30,000-59,999	0 [0.0]		2 [9.5]		
\$CA 60,000-89,999	2 [9.5]		0 [0.0]		
\$CA 90,000-119,999	6 [28.6]		8 [38.1]		
\$CA 120,000-150,000	4 [19.0]		2 [9.5]		
≥ \$CA 150,000	8 [38.1]		7 [33.3]		
Refuse to answer	1 [4.8]		2 [9.5]		
University education (yes)	19 [90.5]	21	15 [71.4]	21	0.035
Ethnicity (European descent)	19 [90.5]	21	14 [66.7]	21	0.060

Values are presented as mean ± standard deviation, n [%]

T-tests, Wald's tests, or Fisher's exact tests are used to compare groups.

Table S3. Baseline participants' characteristics in early-to-late pregnancy Fitbit® physical activity outcomes

Characteristic	≥ 3.29 min/wk	n	< 3.29 min/wk	n	p-value
Research site (Ottawa)	6 [66.7]	9	8 [100.0]	8	0.072

Age (years)	31.7 ± 1.5	9	32.6 ± 4.3	8	0.570
Body-mass index (kg/m ²)	26.3 ± 2.8	9	23.4 ± 1.8	8	0.026
18.5-24.9 kg/m ²	2 [22.2]	9	7 [87.5]	8	0.015
25.0-29.9 kg/m ²	7 [77.8]		1 [12.5]		
30.0-39.9 kg/m ²	0 [0.0]		0 [0.0]		
Nulliparous (yes)	n.d	0	n.d	0	N/A
Annual household income					
< \$CA 30,000	0 [0.0]	9	0 [0.0]	7	0.755
\$CA 30,000-59,999	0 [0.0]		0 [0.0]		
\$CA 60,000-89,999	1 [11.1]		1 [14.3]		
\$CA 90,000-119,999	4 [44.4]		1 [14.3]		
\$CA 120,000-150,000	2 [22.2]		2 [28.6]		
≥ \$CA 150,000	2 [22.2]		3 [42.9]		
Refuse to answer	0 [0.0]		0 [0.0]		
University education (yes)	9 [100.0]	9	5 [71.4]	7	0.086
Ethnicity (European descent)	9 [100.0]	9	7 [100.0]	7	N/A

Values are presented as mean ± standard deviation, n [%]

T-tests, Wald's tests, or Fisher's exact tests are used to compare groups.

Statistical analyses for categorical data with all 100% or 0% proportions could not be performed and are therefore shown as N/A.

Table S4. Baseline participants' characteristics in early-to-late pregnancy dietary outcomes

Characteristic	≥ 3.12 min/wk	n	< 3.12 min/wk	n	p-value
Research site (Ottawa)	4 [80.0]	5	4 [80.0]	5	1.000
Age (years)	31.9 ± 2.0	5	34.3 ± 4.6	5	0.313
Body-mass index (kg/m ²)	27.1 ± 3.6	5	24.8 ± 2.2	5	0.252
18.5-24.9 kg/m ²	1 [20.0]	5	4 [80.0]	5	0.206
25.0-29.9 kg/m ²	4 [80.0]		1 [20.0]		
30.0-39.9 kg/m ²	0 [0.0]		0 [0.0]		
Nulliparous (yes)	n.d	0	n.d	0	N/A
Annual household income					
< \$CA 30,000	0 [0.0]	5	0 [0.0]	5	1.000
\$CA 30,000-59,999	0 [0.0]		0 [0.0]		
\$CA 60,000-89,999	0 [0.0]		1 [20.0]		
\$CA 90,000-119,999	2 [40.0]		2 [40.0]		
\$CA 120,000-150,000	1 [20.0]		1 [20.0]		
≥ \$CA 150,000	2 [40.0]		1 [20.0]		
Refuse to answer	0 [0.0]		0 [0.0]		
University education (yes)	5 [100.0]	5	3 [60.0]	5	0.114
Ethnicity (European descent)	5 [100.0]	5	5 [100.0]	5	N/A

Values are presented as mean ± standard deviation, n [%]

T-tests, Wald's tests, or Fisher's exact tests are used to compare groups.

Statistical analyses for categorical data with all 100% or 0% proportions could not be performed and are therefore shown as N/A.

Table S5. Baseline participants' characteristics in repeated GLTE measure analyses

Characteristic	≥ 1.51 min/wk	n	< 1.51 min/wk	n
Research site (Ottawa)	21 [70.0]	30	11 [36.7]	30
Age (years)	32.9 ± 3.5	29	32.0 ± 3.6	27
Body-mass index (kg/m ²)	24.7 ± 3.8	30	25.1 ± 3.8	29

18.5-24.9 kg/m ²	17 [56.7]	30	16 [55.2]	29
25.0-29.9 kg/m ²	11 [36.7]		11 [37.9]	
30.0-39.9 kg/m ²	2 [6.7]		2 [6.9]	
Nulliparous (yes)	4 [44.4]	9	7 [35.0]	20
Annual household income				
< \$CA 30,000	0 [0.0]		0 [0.0]	
\$CA 30,000-59,999	0 [0.0]	28	4 [15.4]	26
\$CA 60,000-89,999	2 [7.1]		0 [0.0]	
\$CA 90,000-119,999	9 [32.1]		9 [34.6]	
\$CA 120,000-150,000	7 [25.0]		3 [11.5]	
≥ \$CA 150,000	8 [28.6]		9 [34.6]	
Refuse to answer	2 [7.1]		1 [3.8]	
University education (yes)	26 [92.9]	28	17 [65.4]	26
Ethnicity (European descent)	24 [85.7]	28	16 [61.5]	26

Values are presented as mean ± standard deviation, n [%]

Table S6. Baseline participants' characteristics in repeated Fitbit® physical activity measure analyses

Characteristic	≥ 3.12 min/wk	n	< 3.12 min/wk	n
Research site (Ottawa)	8 [72.7]	11	10 [90.9]	11
Age (years)	31.0 ± 2.5	11	33.6 ± 4.3	11
Body-mass index (kg/m ²)	27.0 ± 3.8	11	24.2 ± 2.3	11
18.5-24.9 kg/m ²	2 [18.2]	11	7 [63.6]	11
25.0-29.9 kg/m ²	8 [72.7]		4 [36.4]	
30.0-39.9 kg/m ²	1 [9.1]		0 [0.0]	
Nulliparous (yes)	1 [50.0]	2	0 [0.0]	1
Annual household income				
< \$CA 30,000	0 [0.0]	11	0 [0.0]	10
\$CA 30,000-59,999	0 [0.0]		0 [0.0]	
\$CA 60,000-89,999	1 [9.1]		1 [10.0]	
\$CA 90,000-119,999	5 [45.5]		3 [30.0]	
\$CA 120,000-150,000	3 [27.3]		2 [20.0]	
≥ \$CA 150,000	2 [18.2]		4 [40.0]	
Refuse to answer	0 [0.0]		0 [0.0]	
University education (yes)	11 [100.0]	11	8 [80.0]	10
Ethnicity (European descent)	11 [100.0]	11	10 [100.0]	10

Values are presented as mean ± standard deviation, n [%]

Table S7. Baseline participants' characteristics repeated dietary measure analyses

Characteristic	≥ 2.85 min/wk	n	< 2.85 min/wk	n
Research site (Ottawa)	9 [81.8]	11	9 [81.8]	11
Age (years)	31.7 ± 3.9	11	31.9 ± 2.7	11
Body-mass index (kg/m ²)	26.4 ± 4.4	11	23.5 ± 2.3	11
18.5-24.9 kg/m ²	4 [36.4]	11	9 [81.8]	11
25.0-29.9 kg/m ²	6 [54.5]		2 [18.2]	
30.0-39.9 kg/m ²	1 [9.1]		0 [0.0]	
Nulliparous (yes)	N/A	0	N/A	0
Annual household income				

< \$CA 30,000	0 [0.0]	11	0 [0.0]	10
\$CA 30,000-59,999	0 [0.0]		0 [0.0]	
\$CA 60,000-89,999	1 [9.1]		0 [0.0]	
\$CA 90,000-119,999	5 [45.5]		2 [20.0]	
\$CA 120,000-150,000	2 [18.2]		3 [30.0]	
≥ \$CA 150,000	3 [27.3]		4 [40.0]	
Refuse to answer	0 [0.0]		1 [10.0]	
University education (yes)	10 [90.9]	11	9 [90.0]	10
Ethnicity (European descent)	10 [90.9]	11	7 [70.0]	10

Values are presented as mean ± standard deviation, n [%]

All parity data were missing in this subsample and results were presented as N/A.

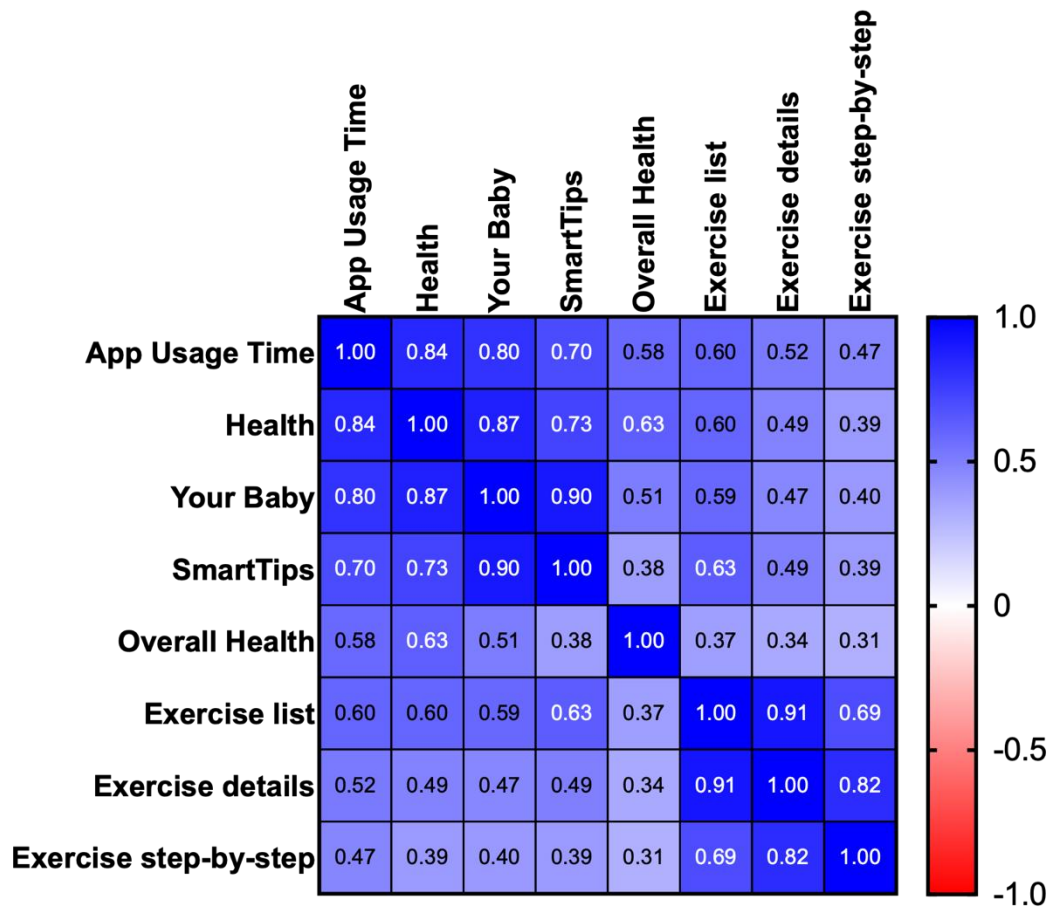


Figure S1. Pearson's R correlation heatmap between App usage time and the various app pages usage in participants. All data were log-transformed to achieve a normal distribution (all $P < 0.008$, $n = 75$).

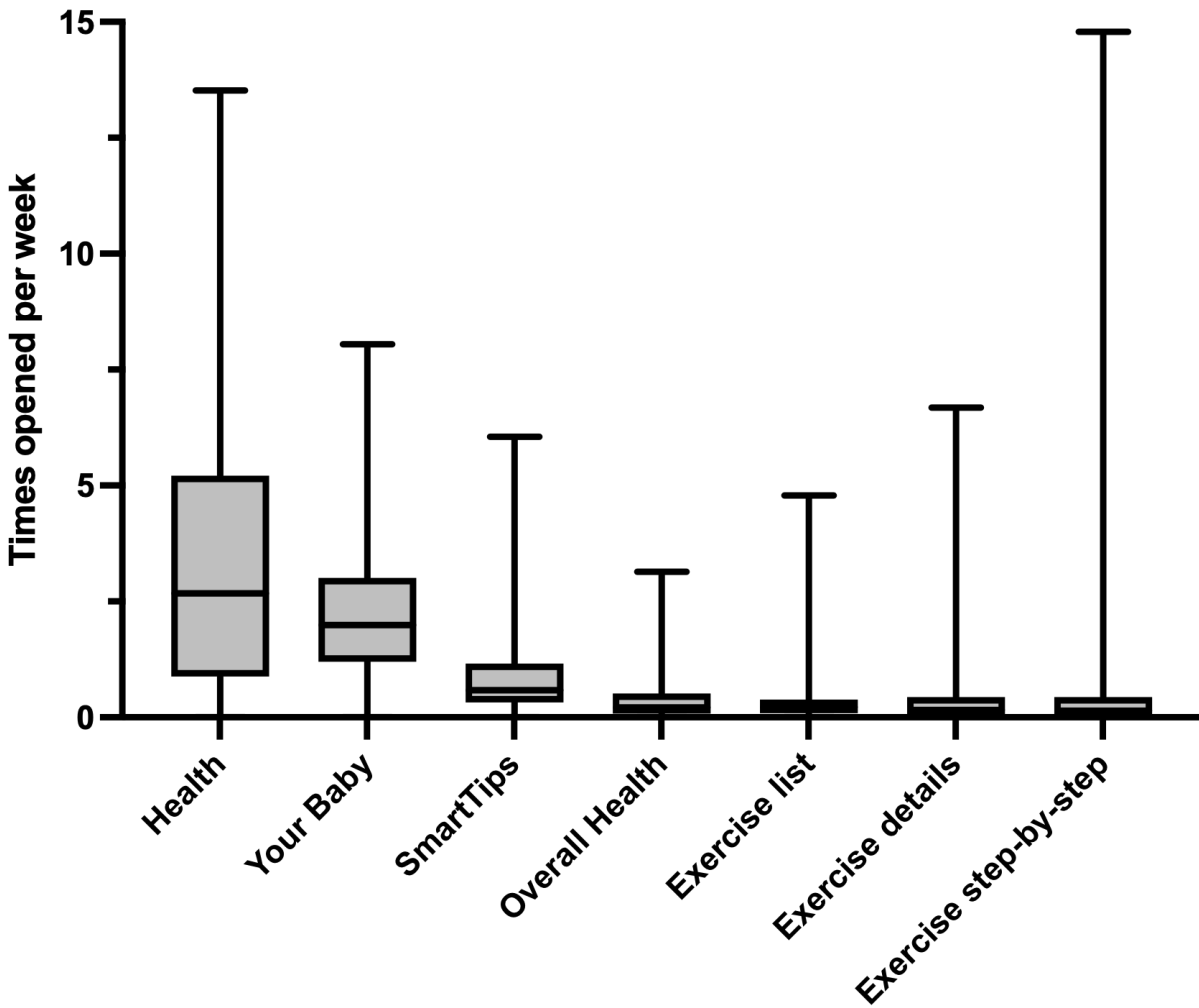


Figure S2. Usage analytics for each separate page of the SmartMoms Canada mobile app. Data are presented as boxplots of the average weekly times a page was opened by users (n = 68, excluding participants who never opened the app).