

Dependent variables	Independent variables	Model 2		Model 3		Model 4		Model 5	
		<i>b</i> (SE <sup>a</sup> )	<i>P</i>	<i>b</i> (SE <sup>a</sup> )	<i>P</i>	<i>b</i> (SE <sup>a</sup> )	<i>P</i>	<i>b</i> (SE <sup>a</sup> )	<i>P</i>
<b>zBMI<sup>b</sup></b>									
	Frequency of fitness app use	0.06 (0.02)	.009			0.03 (0.03)	.25	0.04 (0.03)	.15
	Frequency of nutrition app use			0.16 (0.05)	<.001	0.13 (0.05)	.008	0.28 (0.09)	.001
	Frequency of nutrition app use × frequency of fitness app use							-0.03 (0.02)	.04
	Log-likelihood	-1139.82		-1136.98		-1136.33		-1134.14	
	2 Δ Log-likelihood (Δdf)	48.52 (3)	<.001	54.2 (3)	<.001	55.50 (4)	<.001	59.88 (5)	<.001
	Explained variance	0.04		0.04		0.04		0.05	
<b>Healthy snack ratio</b>									
	Frequency of fitness app use	0.72 (0.56)	.20			0.47 (0.62)	.45	0.70 (0.62)	.26
	Frequency of nutrition app use			1.45 (1.03)	.15	1.09 (1.14)	.34	4.31 (1.83)	.02
	Frequency of nutrition app use × frequency of fitness app use							-0.84 (0.37)	.03

	use								
	Log-likelihood	-3 983.32		-398 3.14		-3 982.86		-3 980.34	
	2 Δ Log-likelihood (Δdf)	17 2.16 (3)	< .001	172. 52 (3)	<.0 01	17 3.08 (4)	< .001	17 8.12 (5)	<.0 01
	Explained variance	0,0 8		0,08		0,0 8		0,0 9	
<b>Healthy beverage ratio</b>									
	Frequency of fitness app use	-0. 24 (0.55)	. 66			-0. 92 (0.61)	. 13	-0. 83 (0.62)	.52
	Frequency of nutrition app use			2.26 (1.01)	.03	2.9 6 (1.11)	. 008	4.1 2 (1.79)	.02
	Frequency of nutrition app use × frequency of fitness app use							-0. 30 (0.37)	.41
	Log-likelihood	-4 026.81		-402 4.42		-4 023.30		-4 022.96	
	2 Δ Log-likelihood (Δdf)	12 3.26 (3)	< .001	128. 04 (3)	<.0 01	13 0.28 (4)	< .001	13 0.96 (5)	<.0 01
	Explained variance	0,0 4		0,05		0,0 5		0,0 5	

<sup>a</sup> SE: standard error.

<sup>b</sup> zBMI: body mass index z-scores.