

**Additional file 3: Table S3.** Mean and median weekly adherence across all tips, Weeks 2-8, Samples 1 and 2.

<i>Week</i>	<i>Sample 1</i>				<i>Sample 2</i>			
	<i>N</i>	<i>Observed range</i>	<i>Mean (SD)</i>	<i>Median</i>	<i>N</i>	<i>Observed range</i>	<i>Mean (SD)</i>	<i>Median</i>
Week 2	11	0-88%	51.54% (32.50)	58.04%	21	10-84%	64.80% (24.85)	69.64%
Week 3	11	0-86%	48.70% (33.17)	54.46%	21	8-86%	64.07% (26.53)	69.64%
Week 4	11	0-84%	47.56% (31.44)	58.04%	21	9-91%	61.10% (27.98)	66.96%
Week 5	11	0-87%	44.81% (31.00)	43.75%	21	7-87%	54.29% (26.95)	54.46%
Week 6	11	0-82%	42.69% (33.16)	43.75%	20	0-100%	55.22% (29.68)	52.68%

Week 7	11	0-75%	40.83% (31.76)	43.75%	20	0-94%	54.64% (28.43)	55.80%
Week 8	10	0-75%	28.57% (28.66)	20.54%	20	0-100%	51.83% (31.47)	45.98%

