Table S1. Creature of Habit Scale [32].

	Routine Subscale
Habit_R_11	I generally cook with the same spices/flavourings
Habit_R_12	I normally buy the same foods from the same grocery store
Habit_R_15	In a restaurant, I tend to order dishes that I am familiar with
Habit_R_13	I always follow a certain order when preparing a meal
Habit_R_14	I generally eat the same things for breakfast every day
	Automaticity Subscale
Habit_A_5	I often find myself finishing off a packet of biscuits just because it is lying there
Habit_A_1	I often find myself opening up the cabinet to take a snack
Habit_A_10	When walking past a plate of sweets of biscuits, I can't resist taking one
Habit_A_7	Television makes me particularly prone to uncontrolled eating
Habit_A_2	I often find myself eating without being aware of it
Habit_A_11	I am prone to eating more when I feel stressed
Habit_A_9	Eating crisps or biscuits straight out of the packet is typical of me
Habit_A_6	Whenever I go into the kitchen, I typically look in the fridge
Habit_A_8	I usually treat myself to a snack at the end of the workday
Habit_A_3	I often take a snack while on the go (e.g., when driving, walking, down the street, or surfing the web)

	Removed items (not related to food consumption)
	Routine Subscale
Habit_R_1	I tend to like routine
Habit_R_2	I find comfort in regularity
Habit_R_3	I rely on what is tried and tested rather than exploring something new
Habit_R_4	I quite happily work within my comfort zone rather than challenging myself
Habit_R_5	I tend to stick with the version of the software packages that I am familiar with for as long as I can
Habit_R_6	I tend to do things in the same order every morning (e.g., get up, go to the bathroom, have a coffee…)
Habit_R_7	I always try to get the same seat in places such as on the bus, in the cinema, or in church
Habit_R_8	I always like to park my car or bike always in the same place
Habit_R_9	I am one of those people who get really annoyed by last minute cancellations
Habit_R_10	I tend to go to bed at roughly the same time every night
Habit_R_16	I usually sit at the same place at the dinner table
	Automaticity Subscale
Habit_A_4	I often find myself running on autopilot, and then wonder why I ended up in a particular place or doing something that I did not intend to do

Table S2. Mindfulness Eating Questionnaire [23].

	Awareness Subscale
Mind_A_1	Before I eat, I take a moment to appreciate colours and smells of food
Mind_A_2	I taste every bite of food I eat
Mind_A_3	I appreciate the way my food looks on my plate
Mind_A_4	I notice when foods and drinks are too sweet
Mind_A_5	I notice subtle flavours in the food I eat
Mind_A_6	I notice when I am eating from a dish of candy just because it is there
Mind_A_7	I notice when the food I eat affects my emotional state
Mind_A_8	When I eat a big meal, I notice if it makes me feel heavy or sluggish
Mind_A_9	When eating a pleasant meal, I notice if it makes me feel relaxed
Mind_A_10	I recognise when food advertisements make me want to eat
Mind_A_11	I recognise when I am eating and not hungry
	Recognition Subscale
Mind_R_1	If there is good food at a party, I will continue eating even after I am full
Mind_R_2	if there are leftovers that I like, I take a second helping even though I am full
Mind_R_3	When I eat at 'all you can eat buffets', I tend to overeat
Mind_R_4	When I am eating one of my favourite foods, I do not recognise when I have had enough
Mind_R_5	If it does not cost much more, I get the larger size of food or drink, regardless of how hungry I am
Mind_R_6	I snack without noticing I am eating
Mind_R_7	At a party with a lot of good food, I notice when it makes me want to eat more than I should
Mind_R_8	When a restaurant portion is too large, I stop eating when I am full
Mind_R_9	I stop eating when I am full even when eating something I love

Problems with remembering	Tally	
What was eaten: *Participant may stumble, tut, say 'ummm' or question 'what did I eat' when inputting their item. E.g.:* ☐ Unsure what was eaten/ or if they ate ☐ Unsure if that's all they had to eat/ amount eaten ☐ Hesitation or long contemplation time on remembering what was eaten ☐ Prompt on the screen or task reminding them what they forgot		
Problems with remembering	**Tally**	
Item's portion: *Participant may stumble, tut, say 'ummm' or 'how much did I have' or 'what ingredients were in it'. Often associated with pre-bought/machine made or restaurant meals E.g.:* ☐ Unsure on ingredients of a meal ☐ Unsure of the portion due to machine, pre-packaged ☐ Unsure on portion due to meal made for more than one serve ☐ Correcting later or contradicting food item ☐ Unsure if/when they ate		
Problems with remembering	**Tally**	
Unsure on items specifically: *Participant may stumble, tut, say 'ummm' or 'what was it called' or 'what was the brand'. Often associated with pre-bought items E.g.:* ☐ Unsure where the item was from ☐ Unsure on the name or brand of the item ☐ Unsure of how it was commercially cooked		
Problems with remembering	**Tally**	
Guessing: *E.g.:* ☐ Guessing the time frame ☐ Guessing the amount eaten ☐ Guessing food due to missing item/Unsure on food item replacement		
Problem with program	**Tally**	
Inputting item into program: what is it? *Unsure what the program is asking from the participant. This can sound like confusion and is often associated with questioning themselves about what the program wants. E.g.:* ☐ Unsure when to search for an item ☐ Unsure where to search an item ☐ Unsure whether to add an item or not ☐ Unsure if program wanted it input separate or together ☐ Unsure what the program was asking (i.e., how much was left or how much drank) ☐ Unsure whether to put item as abbreviation or full name ☐ Unsure on the time of day recalling food from		

Figure S1. Perceived Problems Checklist.

Problem with program	Tally	
Inputting item into program: where is it? *Unsure where to find something on the program. Participants may speak aloud something like 'where is or what do I add it as...' and can be followed by incorrect item or amount being input. E.g.:* ☐ Can't find the food item on the program ☐ Unsure what to do when can't find item in the system ☐ Unsure what the food is called in the system ☐ Unsure what kind the item is categorised under		
Problem with program	**Tally**	
Individual problems: *E.g.:* ☐ Issues with correct spelling ☐ Exotic food, doesn't know the name/spelling ☐ Measurement of portion size is guessed or measured as more than on portion size ☐ Chose wrong day on the program		
Emotional problems	**Tally**	
Individual frustration: *A participant is sounding frustrated by the study. This is sometimes recognised as a large sigh, grunt or sometimes swear-word (if the context assumes frustration). E.g.:* ☐ Frustrated at the specificity of the program ☐ Frustrated putting every item in instead of an overall meal ☐ Frustrated at how long it's taking to recall everything or the length of the program		
Emotional problems	**Tally**	
Individual confusion: *A participant is sounding confused this can be when they are unaware of what the question asks or how to answer it. Voice generally heightens in pitch and questions themselves (not the program). E.g.:* ☐ Unsure what qualifies for mealtime of day ☐ Unsure what qualifies as a meal ☐ Unsure on why the program skipped and had to refill something in ☐ Struggles to find something on the program ☐ Confused with how to use the program ☐ Unsure on the unit of measurement		
None	**Tally**	
No problems arise *E.g.:* ☐ Participant chooses not to speak or has no problems arise in the study		

PROGRAM:

UNIQUE IDENTIFICATION CODE:

PARTICIPANT NUMBER:

Figure S1. *Continued.*

Instructions from S3. Within the left column are categories for perceived problems (Problems with remembering, problems with the program, emotion problems, and none) that provide descriptions and examples for what may be perceived as a problem during recall. Each time a problem in the category arose, a tally mark would go in the opposite box. All tallies should be summed for each category and subcategory. [Remembering (rows 1–4), Program (rows 5–7), Emotion (rows 8–9), None (row 10)].

Table S3. Systems Usability Scale [37].

SUS_1	I think that I would like to use this system frequently
SUS_2R	I found the system unnecessarily complex
SUS_3	I thought the system was easy to use
SUS_4R	I think that I would need the support of a technical person to be able to use this system
SUS_5	I found the various functions in the system were well integrated
SUS_6R	I thought there was too much inconsistency in the system
SUS_7	I would imagine that most people would learn to use this system very quickly
SUS_8R	I found the system very awkward to use
SUS_9	I felt very confident using the system
SUS_10R	I needed to learn a lot of things before I could get going with this system

Item 8's wording of 'cumbersome' modified to 'awkward'. Even items are reversed coded.