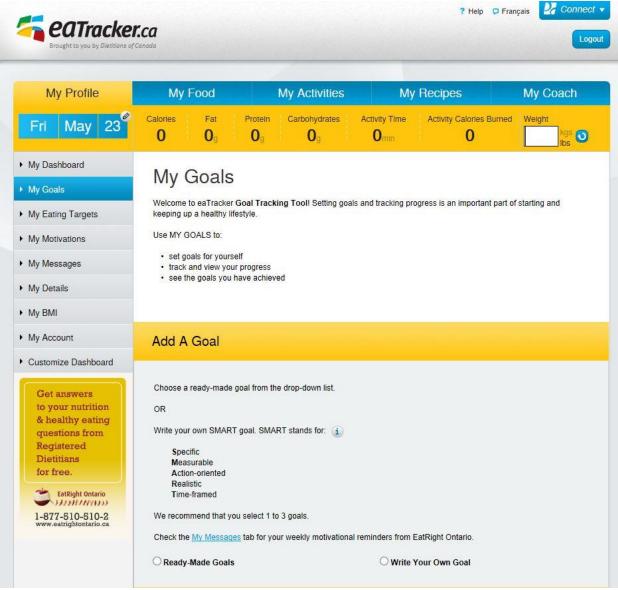
### Supplementary Material 1: eaTracker® My Goals feature sample screenshots

Main eaTracker® login page (http://www.eaTracker.ca/)



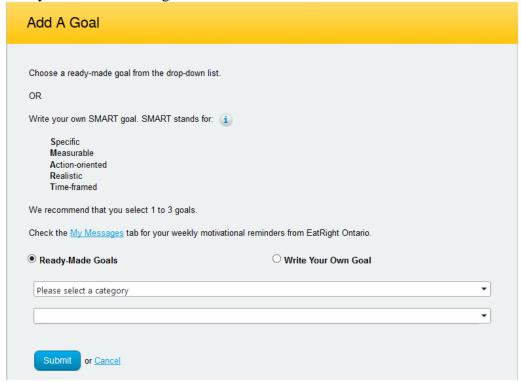
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#### Main Goal Setting Page



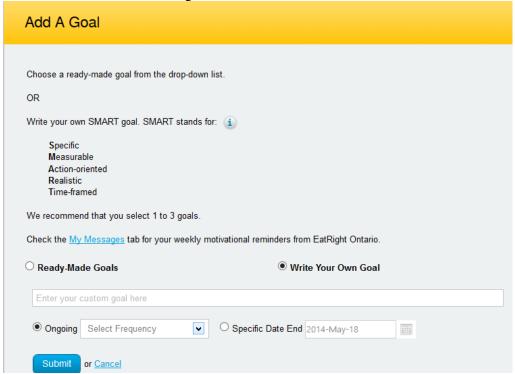
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#### Ready-Made Goal Setting



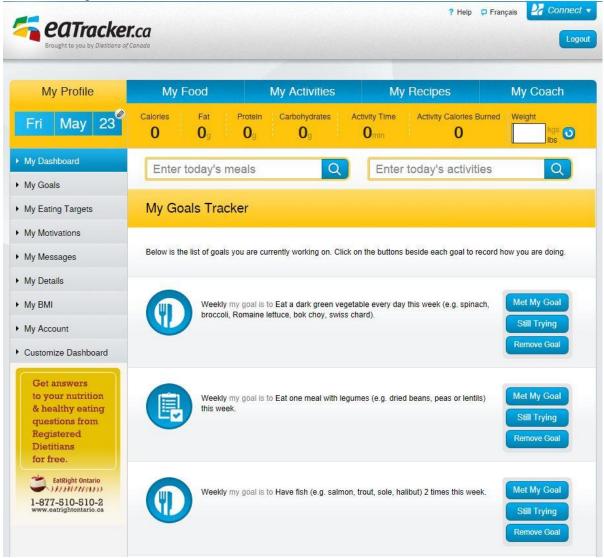
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Write Your Own Goal Setting



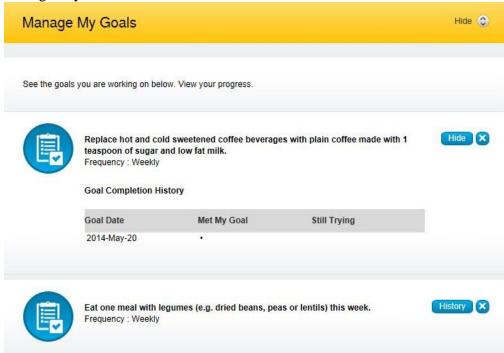
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#### Goal Tracking



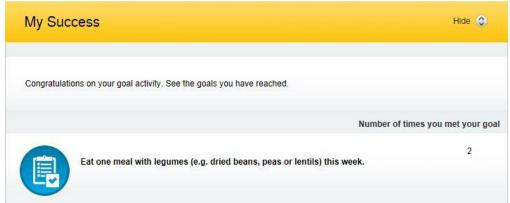
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# Manage My Goals



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## My Success



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