This study aims to evaluate whether a specific diet/physical activity-tracking mobile application (MyHealthData) is superior to tracking diet and physical activity with a mobile phone memo function. The main limitations of this study are the short duration (6 weeks) and small sample size. The study was not powered so I don’t know what difference *could* have been detected with this small sample size. The other issue is that the authors are looking for change in women who are presumably already engaging in healthy behaviors based on their normal weight. The methods are simple and this study would be easy to replicate; I would encourage the researchers to either do a post-hoc power analysis or attempt the study again with a larger sample.

**Abstract**

1. Objective: be specific about what you are studying – what type of mobile application?
2. What is MyNetDiary app, needs to be introduced in the abstract since many readers will only read the abstract
3. What is “change strategies” – behavior change? Physical activity and change strategies should not be capitalized.
4. State that measurements were obtained at baseline and 6 weeks.
5. Wording suggestion “Paired t-tests and ANCOVA were used for analysis”
6. Conclusions: use of MyHealthDiary app specifically, not just any mobile app.

**Introduction/Literature review**

1. Last sentence in first paragraph needs to be broken up. You are trying to insert too many modifiers. What do you mean by paper records? What exactly *has* been studied? You need to state what *has* been studied so far so you can convince me that this is an important study. I’d move this sentence to the beginning of paragraph 3 where you start to discuss previously published work.
2. I don’t understand your assertion that internet-based approaches correlate with smartphone apps.
3. You should give percentages of who owns a mobile phone… “more often” is not helpful, but if you said “80% of individuals in X country” own a mobile phone it would be useful. What do you mean “technical capabilities of individuals”? You can leave that out.
4. You don’t have to state that individuals carry their phones with them. You can simply state “Mobile apps can allow for real-time tracking of diet and activity”
5. Paragraph 4: Don’t refer to “the above discussion”
6. You haven’t convinced me that this needs to be studied – why are you studying the young adult population? Why is this important?
7. Why are you studying females only?
8. Again, what type of mobile app are you studying? Why this type of app?

**Methods**

1. Did it matter which type of mobile phone they owned?
2. Baseline characteristics are a result, not a method
3. How did you randomize patients? Was the study team blinded to group allocation?
4. Be more specific about the types of evidence-based behavior change strategies on the app you chose. You should introduce behavior change theory and interventions shown to be effective in the introduction.
5. Health Behavior Survey is *validated* not valid
6. Specify when you used T-test vs. Mann-Whitney U test

**Results**

1. Outcome measures: no significant differences were found…*between* the App and Memo group.
2. How much did fruit and cereal consumption go down? What are the units of consumption?
3. It’s confusing for the reader that you are reporting within group and between group differences in the same paragraph.
4. You note that there was a significant change for a PACS item but you didn’t say which direction and by how much so it’s meaningless to place a p-value.
5. I’d put the last sentence of paragraph 2 in Outcome measures to the beginning of that paragraph so that people can reference the table.

**Discussion**

1. You need to mention in the first sentence or two that no difference was noted over a 6 week period.
2. The authors point out that the women were already normal weight so maybe measurements should *not* change, and maybe they were already engaging in healthy behaviors
3. Restate your limitation of short duration in your limitations section
4. You get around to explaining why you are studying normal weight women in the very last paragraph. That should be up front in the introduction.

**Writing**

1. Overall grammar, spelling, and punctuation without major issues.

**Tables**

1. Table 1: What is “health rating”?
2. Table 2: You don’t need to restate what p value you considered significant, this is in your methods.
3. I don’t understand why you are reporting CI for every value. It would be more useful if you state the differences between baseline and 6 weeks, and then the confidence interval for the % change. I don’t understand what the p-value is for. Change from baseline to 6 weeks? For which group? Or for the differences between groups at 6 weeks?
4. Table 3: Again I’m confused on your p-values. You say what tests they correspond to, but that’s not useful – the tables should be able to stand on their own without going back to the manuscript to see which test you ran on which data.
5. You haven’t explained what HECS and PACS are, in your manuscript, so these scores are meaningless to readers unless they are already familiar with them.
6. Table 4: You should state more clearly in the manuscript what expected or perfect adherence would mean. How many times should they use the app or memo daily?