

TABLE 2 - ORTHOGONALITY CHECK

	control	mx	my	mx_my	zy	F-test,joint sig
Female						
mean	0.93	0.93	0.93	0.93	0.93	0.99
sd	0.25	0.25	0.25	0.25	0.26	
Went to college						
mean	0.71	0.72	0.71	0.71	0.72	0.99
sd	0.45	0.45	0.45	0.45	0.45	
Age						
mean	27.47	27.37	27.21	27.74	27.11	0.19
sd	5.72	5.90	5.23	5.48	4.91	
Daily notifications						
mean	52.42	53.35	52.83	54.38	53.44	0.99
sd	69.90	84.01	78.91	74.43	70.27	
Meditated daily, ever						
mean	0.56	0.59	0.56	0.57	0.57	0.83
sd	0.50	0.49	0.50	0.50	0.49	
Meditated daily, last month						
mean	0.46	0.46	0.46	0.47	0.46	0.99
sd	0.50	0.50	0.50	0.50	0.50	
Logged meals, ever						
mean	0.88	0.86	0.86	0.87	0.89	0.48

Notes: Means and standard deviations of ten variables measured in the baseline survey. † indicates variables used in the rerandomization procedure. p-value from F-test of the joint significance of treatments is reported in last column. Daily notifications includes all notifications the participant receives across all devices and all applications, where a notification is defined as anything that generates an alert (including SMS and email). Importance, $x - y$ is the "importance" of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. Difficulty, $x - y$ is the "difficulty" of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. Fun, $x - y$ is the "fun" of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. I report only the difference between difficulty and fun

TABLE 2 - ORTHOGONALITY CHECK

	control	mx	my	mx_my	zy	F-test,joint sig
sd	0.33	0.34	0.35	0.34	0.31	
Logged meals, last month						
mean	0.33	0.32	0.33	0.33	0.33	0.99
sd	0.47	0.47	0.47	0.47	0.47	
Importance, x-y						
mean	- 0.45	- 0.49	- 0.45	- 0.44	- 0.48	1.00
sd	3.36	3.31	3.39	3.28	3.26	
Difficulty - fun, x-y						
mean	- 2.47	- 2.80	- 2.59	- 2.56	- 2.54	0.78
sd	4.93	5.06	5.34	5.16	5.10	

Notes: Means and standard deviations of ten variables measured in the baseline survey. † indicates variables used in the rerandomization procedure. p-value from F-test of the joint significance of treatments is reported in last column. Daily notifications includes all notifications the participant receives across all devices and all applications, where a notification is defined as anything that generates an alert (including SMS and email). Importance, x – y is the “importance” of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. Difficulty, x – y is the “difficulty” of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. Fun, x – y is the “fun” of meditation, self-reported on a scale from 1 to 10, minus that of meal logging. I report only the difference between difficulty and fun