

The columns in the data files “trappist1b.Qvalues.txt” and “trappist1c.Qvalues.txt” are:

Column 1:	Planetary mass (Earth masses)
Column 2:	Planetary radius (Earth radius)
Column 3:	ϕ_{iw}
Column 4:	ϕ_{hpp}
Column 5:	ϕ_r
Column 6:	ϕ_{Fe}
Column 7:	T_{eq} (Kelvin)
Column 8:	F_{tidal} (W/m ²), tidal heat flux
Column 9:	Q
Column 10:	Approximate magnitude of diurnal tidal stress (Pa)
Column 11:	F_{RG} (W/m ²), heat flux at which runaway greenhouse is triggered
Column 12:	m_{ice} , mass fraction of ice in planet
Column 13:	Planet semi-major axis (AU)
Column 14:	Planet eccentricity
Column 15:	$k_2\Delta t$ (sec)
Column 16:	$ k_2^* $, magnitude of the k_2 Love number
Column 17:	$\mu(T_{eq})$, the bulk shear modulus of the planet (Pa), evaluated at $T=T_{eq}$
Column 18:	$\eta(T_{eq})$, the bulk viscosity of the planet (Pa s), evaluated at $T=T_{eq}$