Supplementary Materials

Table 1. Univariate Individual-Level Summaries for Carbohydrate Intake Data

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	In the past full week, your carbohydrate intake has been very high.	N/A	0.8	1	0.92	0.47
Standard Evaluation (sTW)	On some of the days in the past week, your carbohydrate intake has been low.	0.71	1	0.57	0.35	1
Standard Evaluation + Goal	On more than half of the days in the past week, you did not reach your goal to keep your carbohydrate intake low.	1	1	1	0	1
Comparison	Your carbohydrate intake was higher than it was the week before.	N/A	0.67	1	0	1
Comparison + Goal	You did not do as well overall with keeping your carbohydrate intake low than you did the week before.	N/A	N/A	1	0	1
Standard Trend	Half of the time, your carbohydrate intake increases from one day to the next.	0.71	0.84	0.53	0	1
Cluster-Based Pattern	This past week, your carbohydrate intake was moderate, then high, then very low, then high. During all of the weeks similar to this past one, your carbohydrate intake dropped the next week.	1	1	0.6	0.61	1
Standard Pattern	The last time you had a week like this past one, your carbohydrate intake dropped the next week.	N/A	1	1	0.61	1
Day If-Then Pattern	There is 100% confidence that, when your carbohydrate intake follows the pattern of being very low on a Saturday, your carbohydrate intake tends to be moderate the next Sunday.	N/A	N/A	1	0.8	0.2
Day-Based Pattern	Your carbohydrate intake tends to be low on Wednesdays.	1	1	0.4	0.19	1
Goal Assistance	In order to better to follow the 2000-calorie diet, you should increase your carbohydrate intake.	N/A	N/A	N/A	N/A	N/A

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Table 2. Univariate Group-Level Summaries for Carbohydrate Intake Data

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	Some of the participants in this study had a moderate carbohydrate intake in the past full week.	1	0.85	0.35	0	1
Standard Evaluation (sTW)	Almost none of the participants in this study had a moderate carbohydrate intake on more than half of the days in the past week.	1	1	0.04	0	0.29
Standard Evaluation + Goal	Some of the participants in this study did not reach their goal to keep their carbohydrate intake low on all of the days in the past week.	0.76	0.9	0.42	0	1
Comparison	Some of the participants in this study had a similar carbohydrate intake than they did the week before.	1	0.68	0.39	0	1
Comparison + Goal	Some of the participants in this study did about the same with keeping their carbohydrate intake low than they did the week before.	1	0.68	0.39	0	1
Standard Trend	Half of the participants in this study increase their carbohydrate intake from one day to the next half of the time.	0.52	1	0.55	0	1
Cluster-Based Pattern	After looking at clusters containing weeks similar to this past one, it can be seen that some of the participants with these clusters may see a drop in their carbohydrate intake next week.	0.99	0.67	0.3	0	1
Standard Pattern	Based on the most recent weeks similar to this past one, it can be seen that some of the participants may see a drop in their carbohydrate intake next week.	1	0.67	0.32	0	1
Day-Based Pattern	Some of the participants in this study tend to have a low carbohydrate intake on Mondays.	0.79	1	0.26	0	1

Table 3. Univariate Individual-Level Summaries for Calorie Intake Data (TW = month)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
`Standard Evaluation (TW)`	In the past full month, your calorie intake has been high.	N/A	0.8	1	0.8	1
`Standard Evaluation (sTW)`	On some of the days in the past month, your calorie intake has been high.	1	0.82	0.3	0.12	1
`Standard Evaluation + Goal`	On more than half of the days in the past month, you did not reach your goal to keep your calorie intake low.	1	0.56	0.73	0.01	1
`Comparison`	Your calorie intake was higher than it was the month before.	N/A	0.66	1	0	1
`Comparison + Goal`	You did not do as well overall with keeping your calorie intake low than you did the month before.	N/A	N/A	1	0	1
`Standard Trend`	Half of the time, your calorie intake increases from one day to the next.	0.71	0.84	0.53	0	1
`Day If-Then Pattern`	There is 100% confidence that, when your calorie intake follows the pattern of being very high on a Thursday, your calorie intake tends to be moderate the next Friday.	N/A	N/A	0.53	0.83	0.17
`Day-Based Pattern`	Your calorie intake tends to be low on Mondays.	1	0.82	0.36	0.12	1
`Goal Assistance`	In order to better to follow the 2000-calorie diet, you should decrease your calorie intake.	N/A	N/A	N/A	N/A	N/A

Table 4. Univariate Group-Level Summaries for Calorie Intake Data (TW = month)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	Half of the participants in this study had a moderate calorie intake in the past full month.	0.96	0.89	0.5	0	1
Standard Evaluation (sTW)	Almost none of the participants in this study had a moderate calorie intake on half of the days in the past month.	1	1	0.07	0	0.003
Standard Evaluation + Goal	Some of the participants in this study reached their goal to keep their calorie intake low on most of the days in the past month.	1	1	0.37	0	1
Comparison	Half of the participants in this study had a about the same calorie intake than they did the month before.	0.96	0.69	0.5	0	1
Comparison + Goal	Half of the participants in this study did about the same with keeping their calorie intake low than they did the month before.	0.96	0.69	0.5	0	1
Standard Trend	More than half of the participants in this study increase their calorie intake from one day to the next half of the time.	0.91	1	0.59	0	1
Day-Based Pattern	Some of the participants in this study tend to have a low calorie intake on Mondays.	0.81	1	0.26	0	1
Goal Assistance	All of the participants in this study have been given advice to decrease their calorie intake.	1	0	1	1	1

Table 5. Univariate Individual-Level Summaries for Calorie Intake Data (TW = None)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (sTW)	On some of the days, your calorie intake has been low.	0.67	0.8	0.24	0.23	0.24
Standard Evaluation + Goal	On more than half of the days, you did not reach your goal to keep your calorie intake low.	1	0.57	0.75	0	1
Standard Trend	Half of the time, your calorie intake increases from one day to the next.	0.71	0.84	0.53	0	1
Day-Based Pattern	Your calorie intake tends to be low on Mondays.	1	0.82	0.36	0.12	1

Table 6. Univariate Group-Level Summaries for Calorie Intake Data (TW = None)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (sTW)	Some of the participants in this study had a low calorie intake on some of the days.	1	1	0.32	0	1
Standard Evaluation + Goal	Half of the participants in this study reached their goal to keep their calorie intake low on most of the days.	0.96	0.94	0.5	0	1
Standard Trend	More than half of the participants in this study increase their calorie intake from one day to the next half of the time.	0.91	1	0.59	0	1
Day-Based Pattern	Some of the participants in this study tend to have a low calorie intake on Mondays.	0.81	1	0.26	0	1

Table 7. Univariate Individual-Level Summaries for Calorie Intake Data (alphabet size = 3)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	In the past full week, your calorie intake has been high.	N/A	0.67	1	0.83	1
Standard Evaluation (sTW)	On more than half of the days in the past week, your calorie intake has been moderate.	1	1	0.71	0.36	1
Standard Evaluation + Goal	On most of the days in the past week, you did not reach your goal to keep your calorie intake low.	1	0.65	0.86	0.11	1
Comparison	Your calorie intake was higher than it was the week before.	N/A	0.68	1	0	1
Comparison + Goal	You did not do as well overall with keeping your calorie intake low than you did the week before.	N/A	N/A	1	0	1
Standard Trend	Half of the time, your calorie intake increases from one day to the next.	0.71	0.84	0.53	0	1
Cluster-Based Pattern	This past week, your calorie intake was moderate, then low, then moderate, then high, then moderate. During some of the weeks similar to this past one, your calorie intake dropped the next week.	1	0.68	0.4	0.05	1
Standard Pattern	The last time you had a week like this past one, your calorie intake stayed the same the next week.	N/A	0.68	1	0.61	1
Day If-Then Pattern	There is 100% confidence that, when your calorie intake follows the pattern of being high on a Saturday, your calorie intake tends to be high the next Sunday.	N/A	N/A	1	0.64	0.36
Day-Based Pattern	Your calorie intake tends to be moderate on Mondays.	1	1	0.32	0.03	1
Goal Assistance	In order to better to follow the 2000-calorie diet, you should decrease your calorie intake.	N/A	N/A	N/A	N/A	N/A

Table 8. Univariate Group-Level Summaries for Calorie Intake Data (alphabet size = 3)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	More than half of the participants in this study had a moderate calorie intake in the past full week.	0.68	0.7	0.57	0	1
Standard Evaluation (sTW)	Some of the participants in this study had a moderate calorie intake on more than half of the days in the past week.	0.72	1	0.24	0	1
Standard Evaluation + Goal	Some of the participants in this study reached their goal to keep their calorie intake low on all of the days in the past week.	0.84	0.87	0.42	0	1
Comparison	More than half of the participants in this study had a about the same calorie intake than they did the week before.	0.55	0.7	0.56	0	1
Comparison + Goal	More than half of the participants in this study did about the same with keeping their calorie intake low than they did the week before.	0.55	0.7	0.56	0	1
Standard Trend	More than half of the participants in this study increase their calorie intake from one day to the next half of the time.	0.91	1	0.59	0	1
Cluster-Based Pattern	After looking at clusters containing weeks similar to this past one, it can be seen that more than half of the participants with these clusters may see little to no change in their calorie intake next week.	1	0.72	0.62	0	1
Standard Pattern	Based on the most recent weeks similar to this past one, it can be seen that more than half of the participants may see little to no change in their calorie intake next week.	0.98	0.71	0.6	0	1
Day-Based Pattern	Almost none of the participants in this study tend to have a low calorie intake on Mondays.	1	1	0.09	0	1
Goal Assistance	All of the participants in this study have been given advice to decrease their calorie intake.	1	0	1	0	1

Table 9. Univariate Individual-Level Summaries for Calorie Intake Data (alphabet size = 7)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
`Standard Evaluation (TW)`	In the past full week, your calorie intake has been very high.	N/A	0.86	1	0.875	0.93
`Standard Evaluation (sTW)`	On some of the days in the past week, your calorie intake has been low.	0.93	1	0.29	0.11	1
`Standard Evaluation + Goal`	On most of the days in the past week, you did not reach your goal to keep your calorie intake low.	1	0.65	0.86	0.11	1
`Comparison`	Your calorie intake was higher than it was the week before.	N/A	0.68	1	0	1
`Comparison + Goal`	You did not do as well overall with keeping your calorie intake low than you did the week before.	N/A	N/A	1	0	1
`Standard Trend`	Half of the time, your calorie intake increases from one day to the next.	0.71	0.71	0.84	0	1
`If-Then Pattern`	There is 100% confidence that, when your calorie intake follows the pattern of being very low, your calorie intake tends to be low the next day.	N/A	N/A	0.53	0.24	0.28
`Day If-Then Pattern`	There is 100% confidence that, when your calorie intake follows the pattern of being extremely high on a Saturday, your calorie intake tends to be extremely high the next Sunday.	N/A	0.76	0.24		
`Day-Based Pattern`	Your calorie intake tends to be low on Mondays.	0.7	0.88	0.24	0.06	1
`Goal Assistance`	In order to better to follow the 2000-calorie diet, you should decrease your calorie intake.	N/A	N/A	N/A	N/A	N/A

Table 10. Univariate Group-Level Summaries for Calorie Intake Data (alphabet size = 7)

Protoform Type	Summary	Truth Value	Imprecision	Covering	Appropriateness	Relevance
Standard Evaluation (TW)	Some of the participants in this study had a moderate calorie intake in the past full week.	0.79	0.89	0.26	0	1
Standard Evaluation (sTW)	Almost none of the participants in this study had a low calorie intake on more than half of the days in the past week.	1	1	0.15	0	0.02
Standard Evaluation + Goal	Some of the participants in this study reached their goal to keep their calorie intake low on all of the days in the past week.	0.84	0.87	0.42	0	1
Comparison	Half of the participants in this study had a lower calorie intake than they did the week before.	0.58	0.68	0.46	0	1
Comparison + Goal	Half of the participants in this study did better with keeping their calorie intake low than they did the week before.	0.58	0.68	0.46	0	1
Standard Trend	More than half of the participants in this study increase their calorie intake from one day to the next half of the time.	0.91	1	0.59	0	1
Cluster-Based Pattern	After looking at clusters containing weeks similar to this past one, it can be seen that some of the participants with these clusters may see a drop in their calorie intake next week.	1	0.67	0.31	0	1
Standard Pattern	Based on the most recent weeks similar to this past one, it can be seen that some of the participants may see little to no change in their calorie intake next week.	1	0.67	0.35	0	1
Day-Based Pattern	Almost none of the participants in this study tend to have a moderate calorie intake on Mondays.	1	1	0.01	0	0
Goal Assistance	All of the participants in this study have been given advice to decrease their calorie intake.	1	0	1	0	1