

SUPPLEMENTARY FILE**Semi-structured interview guide**

1. What was it like to measure your **glucose** over the past month?
 - a. Could you tell me something about what you **liked** about measuring your glucose?
 - b. Could you tell me something about what you **disliked** about measuring your glucose?
2. What was it like to **fill in the booklet** over the past month?
 - a. Can you tell something about what you **liked** about filling in the booklet?
 - b. Can you tell something about what you **disliked** about filling in the booklet?
3. Did you see a pattern between your hunger and glucose?
 - a. If no, how much of a problem was this?
 - b. If yes, could you tell a bit more about what you learned?
4. Can you please let me know whether you have **experienced any changes in your behavior** in the past month?
 - a. Do you think this changed because of hunger training?
 - b. You told me something about , were there any other changes because of hunger training?
 - i. Possible topics for discussion: routine, number of eating occasions (e.g. number of meals), avoidance of eating due to pain, food choice, awareness of hunger/recognizing when body needs food, previous non-hungry eating (e.g. eating because of routine, emotions, environment), awareness of fullness/satiety (e.g. doesn't have to eat as much as previously thought), awareness of social pressure to eat, physical activity or coping mechanisms (e.g. ways to distract yourself when "hungry" but not allowed to eat).
5. We asked you to measure your glucose every time you felt like eating, and to only eat if your glucose was under your cut-off. How did this work out for you?
 - a. We can imagine this was not always easy, can you tell me why it was sometimes **difficult**?
 - i. Can you please tell me about situations that you **didn't measure** your glucose before eating (if any)?
 - ii. Can you please tell me about situations that your **glucose was too high to eat**, but you ate anyways (if any)?
 - b. Some days it may have **been easier** to follow our instructions than others, can you tell me why?

6. Now that you're finished the first month of hunger training, you are no longer going to measure glucose to help you figure out when to eat. You'll continue to fill in the booklet, but only for one week every month. What do you **expect** to happen over the next 5 months?
 - a. Do you feel like you have trained yourself to recognize when you are hungry?
 - b. Do yourself to know when to eat without being able to measure your glucose?
7. Do you have any suggestions for us on how we can **improve** hunger training?
 - a. Length of time of measuring glucose,
 - b. Communication (e.g. appointments, reminders)
 - c. Equipment
 - d. Booklet/instructions