Household	Household members	Occupations	Country
H1	Grandmother (f, 77) **Mother (f, 39)** *Dependent child (m, 11)*	Retired **Engineer**	France
H2	Wife (f, 43) **Husband (m, 42)** *Dependent child (f, 10)*	Surgeon **Nurse**	Italy
H3	Father (m, 43) **Partner (m, 51)** *Dependent triplets (f, 6)*	Civil Servant Teacher	UK
H4	Five students		
	(m, 19)	**Student**	
	(m, 19)	**Student**	
	(m, 23)	Student	
	(m, 23)	**Student**	US
	(m, 25)	**Student**	
H5	Mother (f, 56) **Non-dependent daughter (f, 34)**	Retired **Student Nurse**	France
H6	Wife (f, 58) Husband (m, 45) **Non-dependent son (m, 24)** Non-dependent daughter (f, 20)	Senior Researcher Marketing Executive **Self-employed** Self-employed	US
H7	Co-habiting partners (f, 43) **(f, 54)**	 Self-employed **Self-employed**	France
H8	Mother (f, 61) **Non-dependent son (m, 34)** and partner (f, 21)	Part-Time Consultant **Administrator** Veterinary Nurse	Italy
H9	Mother (f, 48) **Non-dependent son (m, 21)** Non-dependent daughter (f, 31)	Beautician **Fitness Trainer** Coffee Shop Business Owner	US
H10	**Mother (f, 40)** Non-dependent son (m, 19) *Dependent grandson (m, 2)*	Flexible Job Theatre Manager	Spain
H11	Co-habiting partners (m, 31) **(m, 52)** Dependent parents (f, 77) (m, 78)	**Co-Business Owners** Semi-Retired	Spain
H12	Grandmother (f, 98) **Non-dependent granddaughter (f, 31)**	Part-Time Model **Full-Time Fitness Model and Influencer**	UK
H13	Co-habiting partners (f, 32) **(m, 34)** *Dependent daughter (f, 9)*	Construction Worker and **Engineer**	UK

Experienced tracker is in **bold** and new users in light.

Table 2. Households included in the findings n=13.