Reviewer's report

Title: Smartphone apps to improve fitness and increase physical activity among young people: protocol of the Apps for IMproving FITness (AIMFIT) randomized controlled trial

Version: 5 Date: 20 April 2015

Reviewer: Leanne Morrison

Reviewer's report:

On the whole my comments have been addressed.

Discretionary revisions

I appreciate that you have provided further details on the content of the two selected apps, however, I still feel that you could have provided greater comment or clarification on the extent to which the content is exactly the same (other than the immersive aspects). For example, are ALL the cited self-regulatory behaviour change techniques used by BOTH apps? Are the activity goals / suggested activities graded to the same extent in both apps?

Level of interest: An article of importance in its field

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

I declare that I have no competing interests.