The file “Ecological Stage Loop example” contains the code to numerically iterate through the model described in the manuscript and Supplementary Material. This code is located under the “Code” subsection of the file. The next subsection will generate a sample run (Figure 4a, as marked).

The file “Comparisons of starting conditions” refers to some tests mentioned on page 12 of the Supplementary Material. To run this file, first enter the “Code” tab in the “Ecological Stage Loop example” file.