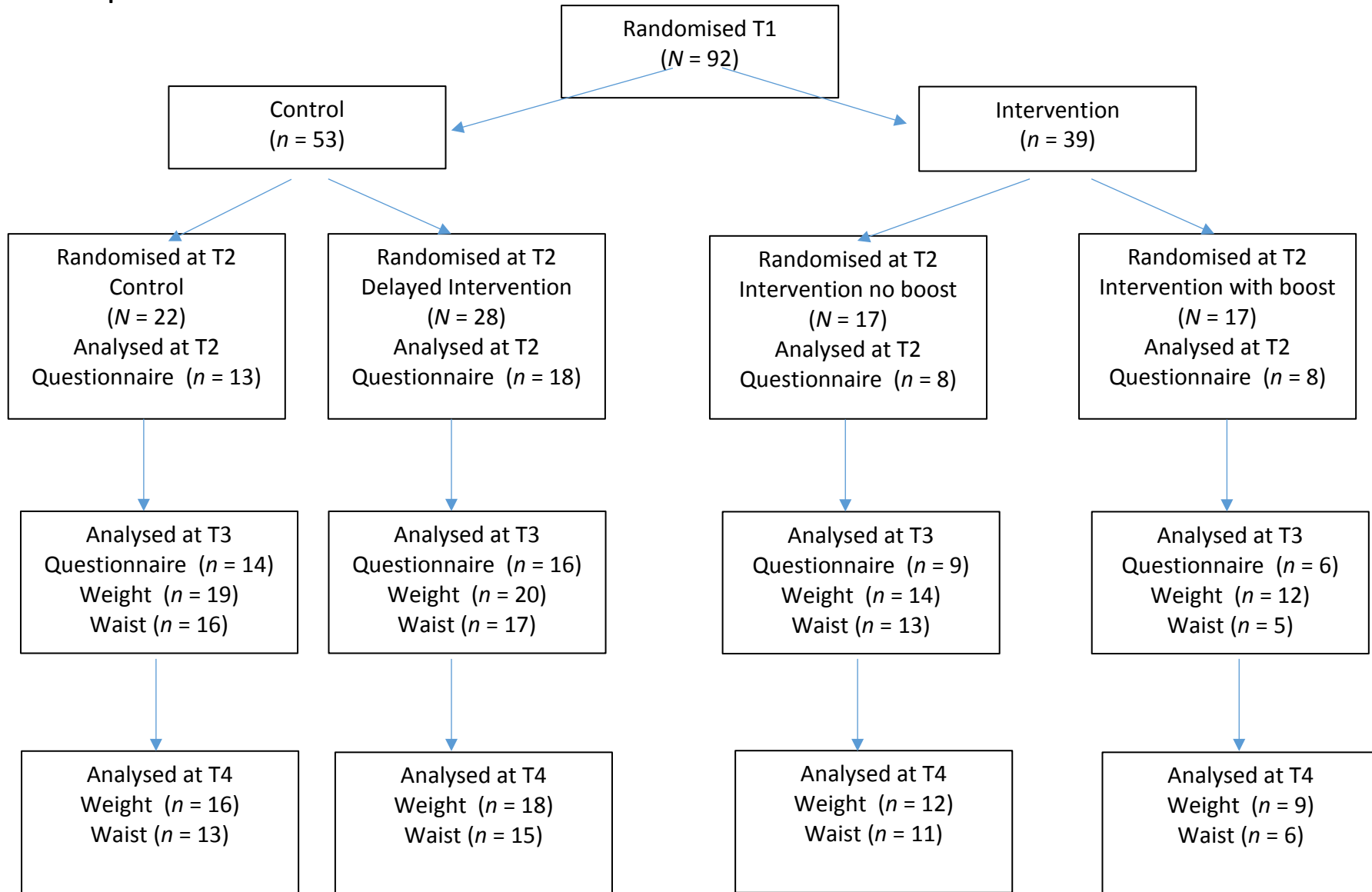


# 1. Participant Flow



## 2. Baseline Characteristics

Table 1: Baseline (time one) characteristics of sample

Variable	Control			Delayed intervention			Intervention with no booster			Intervention with booster		
	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>
<b>Demographic</b>												
Ethnicity												
White British			16			21			12			15
Other			3			4			2			0
Gender												
Female			16			19			13			14
Male			4			6			1			1
Age	58.22	13.10	18	59.33	13.84	24	60.79	13.36	14	61.17	11.67	12
BMI	33.1	5.49	18	33.86	5.48	24	29.99	3.75	14	32.02	4.74	12
Waist circumference	45.18	12.36	18	51.98	27.81	24	47.42	18.67	14	50.85	21.77	12
<b>Other variables</b>												
Action control	4.41	1.48	20	4.05	1.37	26	4.12	1.55	14	3.71	1.59	15
Self reported habit index	5.09	1.66	20	4.32	1.80	26	4.20	1.59	14	4.57	1.79	15

### 3. Outcome Measures

Table 2: Outcomes at time two (4-5 weeks into intervention)

Variable	Control			Delayed intervention			Intervention with no booster			Intervention with booster		
	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>
Action control	4.12	1.33	13	4.75	1.36	18	4.69	1.55	8	4.56	1.97	8
Self reported habit index	3.44	1.74	13	3.83	1.95	18	3.88	1.70	8	3.91	1.49	8

Table 3: Outcomes at time three (8-10 weeks at end of intervention)

Variable	Control			Delayed intervention			Intervention with no booster			Intervention with booster		
	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>
BMI	32.77	5.90	19	33.14	5.73	20	30.08	3.25	14	31.85	5.01	12
Waist circumference	43.34	12.82	16	54.63	31.57	17	46.42	18.47	13	52.80	24.09	5
Action control	3.76	1.46	14	4.35	1.57	16	5.06	1.30	9	4.31	1.77	6
Self reported habit index	3.59	1.79	14	3.88	2.09	16	3.39	1.63	9	2.25	.76	6

Table 4: Outcomes at time four (3 months after intervention)

Variable	Control			Delayed intervention			Intervention with no booster			Intervention with booster		
	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>	mean	<i>SD</i>	<i>N</i>
BMI	32.41	6.11	16	32.47	4.91	18	29.70	3.39	12	31.39	4.89	9
Waist circumference	43.97	14.23	13	56.03	33.40	15	47.41	20.43	11	49.42	22.91	6

#### **4. Adverse Events**

No adverse events were associated with this trial.