

Supplemental Table 1: Assessments at different time points throughout the study:

Assessments	Before Intervention	After Intervention											
	Baseline Month 0	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Month 11	Month 12
Height	X												
Weight	X	X	X	X	X	X	X	X	X	X	X	X	X
Sociodemographic	X												
24 hours dietary recall	X	X	X	X	X	X	X	X	X	X	X	X	X
GPAQ	X	X	X	X	X	X	X	X	X	X	X	X	X
SSQ				X			X			X			X
IDIs													X

GPAQ= Global Physical Activity Questionnaire, SSQ= Social Support Questionnaire, IDIs= In-depth Interviews