

## CHOOSING HEALTH: A WEIGHT LOSS RCT PROTOCOL

## SUPPLEMENTARY ONLINE MATERIAL 2

**Choosing Health Handbook** – Summary of session covered in the eBook provided for intervention participants. Content marked with \* is provided to intervention and control group.

**\*Introduction**

- Week 1. \*Monitoring of weight, food and drink intake (food diary) and physical activity (step counts)
- Week 2. Motivation and self-monitoring progress
- Week 3. Energy balance explained
- Week 4. Walking for wellbeing
- Week 5. \*Healthy eating
- Week 6. Changing habits at home and at work
- Week 7. What does it mean to set a SMART goal?
- Week 8. Monitoring goals and introducing small sustainable changes
- Week 9. Eating fast food
- Week 10. Choosing healthy snacks
- Week 11. Planning and considering behaviour change barriers
- Week 12. Reading food labels
- Week 13. Regular physical activity, intensity and basic exercise guide
- Week 14. Adjusting plans and limiting alcohol intake
- Week 15. Key factors supporting behaviour change maintenance and reasons for failure
- Week 16. Muscle strengthening activities and example exercises
- Week 17. Maintaining physical activity and limiting sedentary time
- Week 18. Benefits of physical activity and flexibility exercises
- Week 19. Facts about fat
- Week 20. Facts about salt
- Week 21. Facts about sugar
- Week 22. Developing routines and habits
- Week 23. Healthy way to eat away from home
- Week 24. Tips for maintaining physical activity
- Week 25. Facts about healthy cooking
- Week 26. Reviewing progress and celebrating achievements

**\*Notes and acknowledgements**