Appendix 2. Outcomes listed in trial registration (NCT02027077)

| Outcome                              | Reason not Reported                                      |
|--------------------------------------|----------------------------------------------------------|
| **Primary Outcome**                  |                                                          |
| Change in body weight                |                                                          |
| **Secondary Outcomes**               |                                                          |
| Waist Circumference                  |                                                          |
| Physical Activity                    |                                                          |
| Body composition                     | Only captured in a limited number of participants due to funding cuts |
| **Other Outcomes**                   |                                                          |
| Cardiometabolic risk factors*        | Not measured due to funding cuts                         |
| Cardiorespiratory fitness I          |                                                          |

* Insulin, glucose, blood pressure, triglycerides, LDL- and HDL-cholesterol, Apo A1, Apo B, C-reactive protein, IL-6, TNF-alpha and adiponectin.

I = not a registered outcome