Assessed for eligibility (n=1,043)

Excluded (n=781)
- Not meeting inclusion criteria (n=359)
- Declined to participate (n=53)
- Other reasons (n=369)

Randomized (n=262)

Allocated to BT (n=90)
- Received allocated intervention (n=90)
- Did not receive allocated intervention (n=0)

Allocated to MR (n=91)
- Received allocated intervention (n=91)
- Did not receive allocated intervention (n=0)

Allocated to HFE (n=81)
- Received allocated intervention (n=81)
- Did not receive allocated intervention (n=0)

Lost to follow-up (n=0)
Discontinued intervention (n=26)
- Pregnancy (n=2)
- Lost to contact (n=13)
- Lack of motivation (n=1)
- Personal schedule changes (n=3)
- Personal reasons (n=2)
- Uninterested in continuing (n=3)
- Began another weight intervention (n=3)
- Other (n=1)

Lost to follow-up (n=0)
Discontinued intervention (n=28)
- Pregnancy (n=1)
- Lost to contact (n=8)
- Moving out-of-state (n=2)
- Personal schedule changes (n=3)
- Personal issues (n=3)
- Did not want to participate (n=3)
- Other (n=8)

Lost to follow-up (n=0)
Discontinued intervention (n=22)
- Pregnancy (n=1)
- Lost to contact (n=10)
- Personal schedule changes (n=4)
- Personal issues (n=1)
- Uninterested in continuing (n=3)
- Other (n=3)

Analysis

Intention-to-treat Analysis (n=90)
- Excluded from analysis (n=0)

Intention-to-treat Analysis (n=91)
- Excluded from analysis (n=0)

Intention-to-treat Analysis (n=81)
- Excluded from analysis (n=0)