**Table S1:** Categories of weight change following the weight loss phase (six months), weight maintenance phase (six to 12 months) and end of the intervention period (12 months) per randomised group.

|  |  |  |  |
| --- | --- | --- | --- |
| **Percentage weight change** | **Weight loss phase****(0-6 months)** | **Weight maintenance phase****(6-12 months)** | **Weight loss + weight maintenance****(0-12 months)** |
|  | **TAKE 5****(n = 24)** | **WWTOO****(n = 22)** | **TAKE 5****(n = 24)** | **WWTOO****(n = 22)** | **TAKE 5****(n = 24)** | **WWTOO****(n = 24)** |
| **Weight loss ≥10%** | 2 (8.3%) | 0 (0.0%) | 0 (0.0%) | 1 (4.5%) | 3 (12.5%) | 1 (4.2%) |
| **Weight loss 5% to <10%** | 3 (12.5%) | 2 (9.1%) | 3 (12.5%) | 3 (13.6%) | 9 (37.5%) | 4 (16.7%) |
| **Weight loss 3% to <5%** | 5 (20.8%) | 3 (13.6%) | 4 (16.7%) | 0 (0.0%) | 2 (8.3%) | 2 (8.3%) |
| **Weight maintenance ±2.99%** | 13 (54.2%) | 15 (68.2%) | 14 (58.3%) | 15 (68.2%) | 8 (33.3%) | 14 (58.3%) |
| **Weight gain 3% to <5%** | 0 (0.0%) | 1 (4.5%) | 2 (8.3%) | 2 (9.1%) | 1 (4.2%) | 3 (12.5%) |
| **Weight gain 5% to <10%** | 1 (4.2%) | 1 (4.5%) | 1 (4.2%) | 1 (4.5%) | 1 (4.2%) | 0 (0.0%) |
| **Weight gain ≥ 10%** | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) | 0 (0.0%) |