



* Participants that weigh ≥ 250 lbs., start at 1800-1500 kcalories (kcal), Those who weigh < 250 , will start between 1500-1200 kcal.

+ Participants will also be given a weekly weight loss target, which is equal to .5-1% of their current weight.

- Participants who have not recorded physical activity will start at a 15 minute/day goal. The goal in minutes will be increased by 25% incrementally until 60 minutes per day is achieved