

Online Screen

Self-reported height & weight
Weight loss practices
Physical activity readiness



Phone Screen

Health status & medication use
Contraindications to exercise
Complete 1 week of dietary self-monitoring



Orientation, Final Screening, & Baseline

Study presentation & equipoise induction
Informed consent process
Anthropomorphic measurements
Eating disorder & substance screening
Technology competency task
Accelerometer worn for 10 days



Pretreatment Session

Dietary recall with dietician
Treadmill task