

	STUDY PERIOD				
	Enrollment	Baseline Visit	Post-allocation		Close-out
TIMEPOINT	$-t_1$	0	3 months	12 months	24 months
<b>ENROLMENT:</b>					
Eligibility screen	X	X			
Informed consent		X			
<i>[List other procedures]</i>					
Allocation		X			
<b>INTERVENTIONS:</b>					
<i>Brief Intervention</i>		X			
<i>12 weeks Commercial Programme</i>					
<i>52 weeks Commercial Programme</i>					
<b>ASSESSMENTS:</b>					
<i>Height</i>		X			
<i>Weight</i>		X	X	X	X
<i>Fat mass</i>		X	X	X	X
<i>Waist Circumference</i>		X	X	X	X
<i>Blood Pressure</i>		X	X	X	X
<i>Blood Glucose</i>		X		X	
<i>Lipid Profile</i>		X		X	
<i>HbA1c</i>		X		X	
<i>DNA</i>		X			
<i>Demographics Questionnaire</i>		X	X	X	X
<i>Health Care Usage Questionnaire</i>		X	X	X	X
<i>EQ5D</i>		X	X	X	X
<i>Psychosocial Questionnaires</i>		X	X	X	X
<i>Intervention Usage Questionnaires</i>		X	X	X	X
<i>Structured Diary Entries (subset only)</i>		X	X		
<i>Qualitative Interviews (subset only)</i>			X		