

**Supplemental Table 2: Quantitative evaluation of lifestyle counselling sessions**

	<b>Number of participating women (intervention group)</b>	<b>Correct time interval</b>
<b>Individual counselling sessions</b>		
Session 1: 12 <sup>th</sup> -16 <sup>th</sup> week of gestation	1069/1087 <sup>1</sup> ( <b>98.3%</b> )	953/1069 ( <b>89.1%</b> )
Session 2: 16 <sup>th</sup> -20 <sup>th</sup> week of gestation	1047/1073 <sup>1</sup> ( <b>97.6%</b> )	957/1047 ( <b>91.4%</b> )
Session 3: 30 <sup>th</sup> -34 <sup>th</sup> week of gestation	1006/1049 <sup>1</sup> ( <b>95.9%</b> )	855/1006 ( <b>85.0%</b> )
Session 4: 6-8 weeks postpartum	974/1039 <sup>1</sup> ( <b>93.7%</b> )	759/974 ( <b>77.9%</b> )
<b>Number of counselling sessions</b>		
No session	30/1099 <sup>2</sup> ( <b>2.7%</b> )	
One session	21/1099 <sup>2</sup> ( <b>1.9%</b> )	
Two sessions	32/1099 <sup>2</sup> ( <b>2.9%</b> )	
Three sessions	54/1099 <sup>2</sup> ( <b>4.9%</b> )	
Four sessions	963/1099 <sup>2</sup> ( <b>87.6%</b> )	

<sup>1</sup>number of women in the intervention group at the time of the respective session

<sup>2</sup>number of women in the intervention group excluding women with major pregnancy complications