Time (each box is 8 weeks)

Cohort 1

Cohort 2

Cohort 3

Cohort 4

Cohort 5

Cohort 6

Cohort 7

Cohort 8

Cohort 9

Cohort 10
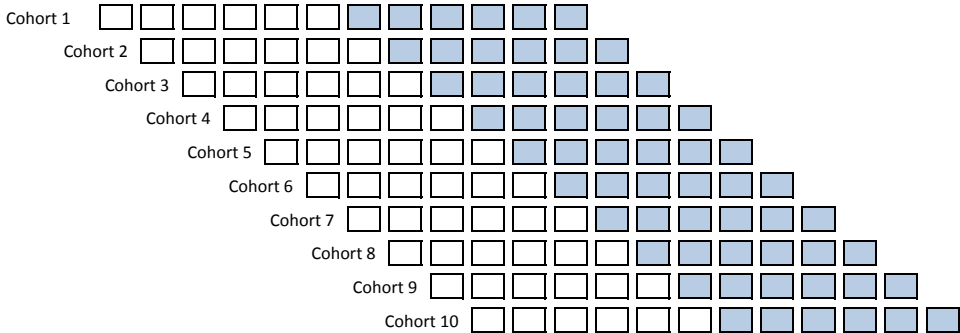
Pre-intervention period with measurement every 8 weeks

Intervention period with measurement every 8 weeks

Intervention starts

Intervention ends