

Additional file 1: STEPWISE Foundation and Booster Session Curriculum

	Foundation course				Booster
	Session 1	Session 2	Session 3	Session 4	Sessions 1, 2 and 3
Your story	Your story	Sharing stories	Sharing stories	Sharing stories	Sharing stories
Topic sessions	Taking control of your weight: your medication and your weight	Taking control of your weight: Healthier snacks	Taking control of your weight: Calories and portions	Taking control of your weight: Eating out	<ol style="list-style-type: none"> 1. Cooking healthy meals 2. Physical activity revisited 3. Being in the moment with your food
	Taking control of your weight: healthier drinks	Physical Activity and calories	Sedentary Behaviour	Taking control of your weight: Making changes to food	Keeping it going
Next steps	Next steps	Next steps	Next steps	Making a plan	Next steps
Supporting tool	Weighing scales & water bottle	Pedometer	Cookery book Food scales	Tape measure	<ol style="list-style-type: none"> 1. Mixed herbs, spices, stock cubes 2. Theraband 3. Fridge magnet, calendar