

## Enrolment

Invited to complete  
online screener survey

Excluded e.g. Pregnant

Referred to  
General Practitioner

Excluded e.g. BMI <23.0 kg/m<sup>2</sup>

## Randomization (1:1)

**INTERVENTION**

**CONTROL**

### Baseline Assessment (T0)

- 18-page booklet
- Access to TXT2BFiT website (weight tracker, Smartphone applications, printable handouts, community blog)

#### **Week 0**

Coaching call

#### **Weeks 1-12 (Intensive Phase)**

- 8 SMS/week
- 1 email/week
- Coaching calls weeks 2, 5, 8, & 11

- 2-page handout
- Access to TXT2BFiT website (limited)

#### **Week 0**

Introductory call

#### **Weeks 1-12 (Intensive Phase)**

- 4 SMS

### Follow-up Assessment (T1)

#### **Months 4-9 (Maintenance Phase)**

- 1 SMS/month
- 1 email/month
- Booster calls months 5 & 8

#### **Months 4-9 (Maintenance Phase)**

- No intervention

### Follow-up Assessment (T2)