Randomization

Standard Care
MOVE! Group attendance

Standard Care + PDA (PDA+)
MOVE! Group attendance
Recording diet, mood, physical activity, and pain level into PDA
Behavioral Weight Loss Coaching
One week mastery period

Activation of behavioral change algorithm

Biweekly Coaching Sessions
Calorie goal assigned based on starting weight*
.5-1% weekly weight loss target assigned*
Behavioral strategies for weight loss discussed with coach
Physical Activity Goal assigned one month after randomization*

3-Month Follow-Up Session
Anthropomorphic measurements collected
Report Medication Changes
Assessment Battery Administered
5-minute Treadmill Moderate Activity Exercise (PDA+ group only)

Biweekly Coaching Sessions Continue

6-Month Follow-Up Session
Anthropomorphic measurements collected
Report Medication Changes
Assessment Battery Administered
5-minute Treadmill Moderate Activity Exercise (PDA+ group only)

Month 7: Maintenance Phase Begins
Bi-Weekly Coaching Discontinues
Record Data biweekly

9-Month Follow-Up Session
Anthropomorphic measurements collected
Report Medication Changes
Assessment Battery Administered
5-minute Treadmill Moderate Activity Exercise (PDA+ group only)

Month 10: Maintenance Phase Continues
Record Data Once Monthly

12-Month Final Follow-Up Session
Anthropomorphic measurements collected
Report Medication Changes
Assessment Battery Administered
5-minute Treadmill Moderate Activity Exercise (PDA+ group only)

* Participants that weigh ≥ 250 lbs., start at 1800-1500 calories (kcal). Those who weigh < 250, will start between 1500-1200 kcal.
+ Participants will also be given a weekly weight loss target, which is equal to .5-1% of their current weight.
- Participants who have not recorded physical activity will start at a 15 minute/day goal. The goal in minutes will be increased by 25% incrementally until 60 minutes per day is achieved.