Online Screen
Self-reported height & weight
Weight loss practices
Physical activity readiness

Phone Screen
Health status & medication use
Contraindications to exercise
Complete 1 week of dietary self-monitoring

Orientation, Final Screening, & Baseline
Study presentation & equipoise induction
Informed consent process
Anthropomorphic measurements
Eating disorder & substance screening
Technology competency task
Accelerometer worn for 10 days

Pretreatment Session
Dietary recall with dietician
Treadmill task