Students enrolled in ten target schools (boys: n=873, girls: n=1058)

- Opt out of baseline assessment
  - MFT (boys: n=6, girls: n=15)
  - SBJ (boys: n=9, girls: n=10)
  - BFA (boys: n=0, girls: n=2)
  - APAI (boys: n=8, girls: n=5)

Assessed at baseline (26 July – 06 August, 2010)
- MFT (boys: n=707, girls: n=927)
- SBJ (boys: n=704, girls: n=932)
- BFA (boys: n=713, girls: n=940)
- APAI (boys: n=705, girls: n=937)

- NOT eligible for intervention
  - MFT (boys: n=92, girls: n=96)
  - SBJ (boys: n=93, girls: n=96)
  - BFA (boys: n=95, girls: n=96)
  - APAI (boys: n=92, girls: n=96)

Assessed at baseline & eligible for intervention
- MFT (boys: n=615, girls: n=831)
- SBJ (boys: n=611, girls: n=836)
- BFA (boys: n=618, girls: n=844)
- APAI (boys: n=613, girls: n=841)

Non-random group allocation - registration for intervention (11 September, 2010)
- Registered for intervention
  - MFT (boys: n=145, girls: n=81)
  - SBJ (boys: n=144, girls: n=81)
  - BFA (boys: n=146, girls: n=81)
  - APAI (boys: n=145, girls: n=81)

- NOT registered for intervention
  - MFT (boys: n=470, girls: n=750)
  - SBJ (boys: n=467, girls: n=755)
  - BFA (boys: n=472, girls: n=763)
  - APAI (boys: n=468, girls: n=760)

Random group allocation (18 September, 2010)
- Intervention group
  - MFT (boys: n=73, girls: n=81)
  - SBJ (boys: n=73, girls: n=81)
  - BFA (boys: n=74, girls: n=81)
  - APAI (boys: n=74, girls: n=81)

- Wait-listed control group
  - MFT (boys: n=72, girls: n=0)
  - SBJ (boys: n=71, girls: n=0)
  - BFA (boys: n=72, girls: n=0)
  - APAI (boys: n=71, girls: n=0)

INTERVENTION (19 Sept – 20 Nov, 2010)

Assessed at follow-up (22 November – 03 December, 2010)
- MFT (boys: n=717, girls: n=924)
- SBJ (boys: n=722, girls: n=925)
- BFA (boys: n=724, girls: n=927)
- APAI (boys: n=757, girls: n=969)

- Follow-up NOT complete
  - MFT (boys: n=3, girls: n=2)
  - SBJ (boys: n=2, girls: n=2)
  - BFA (boys: n=2, girls: n=2)
  - APAI (boys: n=1, girls: n=2)

- Follow-up NOT complete
  - MFT (boys: n=3, girls: n=0)
  - SBJ (boys: n=3, girls: n=0)
  - BFA (boys: n=3, girls: n=0)
  - APAI (boys: n=1, girls: n=0)

- Follow-up NOT complete
  - MFT (boys: n=41, girls: n=69)
  - SBJ (boys: n=38, girls: n=67)
  - BFA (boys: n=36, girls: n=69)
  - APAI (boys: n=20, girls: n=37)

- Non-registered: baseline and follow-up measures complete
  - MFT (boys: n=429, girls: n=681)
  - SBJ (boys: n=429, girls: n=688)
  - BFA (boys: n=436, girls: n=694)
  - APAI (boys: n=448, girls: n=723)

MFT=multi-stage fitness test, SBJ=standing broad jump, BFA=BMI-for-age, APAI=Acholi Psychosocial Assessment Instrument