Assessed for Eligibility → Ineligible → Excluded → Declined

Invited to Participate in Main Trial (n≈70) → Declined

Random Assignment to Main Trial (Phase II) Treatment Groups

Breakfast Trial → No Breakfast Trial

Allocation to Main Trial Treatment Groups

Breakfast Trial → No Breakfast Trial

Extended Daily Fasting
Target n≈35
1:1 normal/over-weight to include in/frequent habitual consumers

Daily Breakfast Consumption
Target n≈35
1:1 normal/over-weight to include in/frequent habitual consumers

Lifestyle Maintenance (Control)
Target n≈35
1:1 normal/over-weight to include in/frequent habitual consumers

Included in Analysis
Target n≥60
1:1 normal/over-weight to include in/frequent habitual consumers

Invited to Participate in ‘True’ Control Group

Random Assignment to Main Trial (Phase II) Treatment Groups

Loss to Follow-Up
≤14% drop-out anticipated -incidence rate and reasons for withdrawal recorded
Assessed for Eligibility
- Ineligible → Excluded
- Declined → Declined

Invited to Participate in Main Trial (n=70)
- Declined

Random Assignment to Main Trial (Phase II) Treatment Groups

Breakfast Trial
- No Breakfast Trial

Allocation to Main Trial Treatment Groups

Breakfast Trial
- No Breakfast Trial

Phases:
- Phase I: Cross-Over
- Phase II: Allocation

Extended Daily Fasting
- Target n≈35
  - 1:1 normal/over-weight to include in/frequent habitual consumers

Daily Breakfast Consumption
- Target n≈35
  - 1:1 normal/over-weight to include in/frequent habitual consumers

Lifestyle Maintenance (Control)
- Target n=35
  - 1:1 normal/over-weight to include in/frequent habitual consumers

Included in Analysis
- Target n≥60
  - 1:1 normal/over-weight to include in/frequent habitual consumers

Loss to Follow-Up
- ≤14% drop-out anticipated
- Incidence rate and reasons for withdrawal recorded

Drop-Out