Author's response to reviews

Title: E-MECHANIC: A Randomized Controlled Trial to Identify the Mechanisms of Exercise-Induced Weight Compensation

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It was requested by the editorial staff to address three minor formatting revisions:

1. Please ensure the title conforms to journal style for study protocol articles. The title should follow the format “___________: study protocol for a randomized controlled trial.”

2. Please include the date of registration with your trial registration number at the end of your Abstract.

3. Please include the reference number given with ethical approval with your ethics statement in the Methods section.

These revisions have been addressed.