Reviewer’s report

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

Version: 2 Date: 2 April 2014

Reviewer: Steven N Blair

Reviewer’s report:

This is a well-written report of the methods of a randomized controlled trial that is currently underway. The topic of this project is extremely relevant and will provide data on questions to which we have little information. I have no recommendations for revisions.

Level of interest: An exceptional article

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I have no financial competing interest. However, I have published papers recently with some of the authors.