Reviewer's report

Title: Determining how best to support overweight adults to adhere to effective lifestyle change: Protocol for the SWIFT study

Version: 3 Date: 27 July 2015

Reviewer: Clemens Drenowatz

Reviewer's report:

The reviewer would like to thank the authors for the revision of the manuscript. A few clarifications on the measurements procedures are suggested to further clarify the study protocol:

Minor Essential Revisions:
Please specify the position of the Actigraph (waist or wrist).

Discretionary Revisions:
Please specify the cutpoints that will be used for anthropometric measurements to be taken in triplicate - also clarify whether average values of the 2 closest measurements will be used for future analyses.

Given that not all questionnaires are administered at every time point it would be helpful to specify when participants will be required to complete the respective questionnaires (either in table 1 or as a separate table).

Level of interest: An article of importance in its field

Quality of written English: Acceptable

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

Declaration of competing interests:

I declare that I have no competing interests.