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: 13 August 2015

Reviewer: Stephen Boutcher

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If authors want to include the unsupervised exercise arm of their proposed trial then they should cite published research in the Introduction that has shown that unsupervised exercise (whatever modality and intensity) can successfully change clinical health markers. Without prior evidence supporting the likely efficacy of unsupervised exercise programs the exercise intervention becomes speculative and high risk.

Level of interest: An article whose findings are important to those with closely related research interests

Quality of written English: Acceptable

Statistical review: No, the manuscript does not need to be seen by a statistician.

Declaration of competing interests:

No conflict of interest