Reviewer’s report

**Title:** Points-Based Physical Activity: A novel approach to facilitate changes in body composition in inactive women with overweight and obesity. A randomised control trial.

**Version:** 1  **Date:** 05 Dec 2017

**Reviewer:** Tom Hazell

**Reviewer's report:**

The authors should be commended for such a thorough response to both reviewers’ comments.

The paper is much improved and I have no further comments.

**Are the methods appropriate and well described?**
If not, please specify what is required in your comments to the authors.

Yes

**Does the work include the necessary controls?**
If not, please specify which controls are required in your comments to the authors.

Yes

**Are the conclusions drawn adequately supported by the data shown?**
If not, please explain in your comments to the authors.

Yes

**Are you able to assess any statistics in the manuscript or would you recommend an additional statistical review?**
If an additional statistical review is recommended, please specify what aspects require further assessment in your comments to the editors.

I am able to assess the statistics

**Quality of written English**
Please indicate the quality of language in the manuscript:

Acceptable
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