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: 03 Dec 2017

Reviewer: Tanya Halliday

Reviewer's report:

The authors of this manuscript are to be commended for tackling the revisions suggested by myself and the other reviewer. I believe they have satisfactorily addressed the majority of the concerns raised with the initial submission.

I have two, minor, remaining comments.

1. I remain unsure about the presentation of the change from baseline data. As there is controversy around this approach and I am not a statistical expert, I will defer to the Editor to determine if additional statistical review is appropriate.

2. My second comment is a new question that has been raised out of curiosity upon re-reading this manuscript. In Lines 189-191 it was stated that participants in the wait list control condition were "informed that they would be offered the opportunity to complete the intervention of their choice after the study period." Was the decision of these participants to complete one of the interventions tracked? As several research groups utilize a wait list control approach it would be of interest to know the number of control participants who took advantage of this offer, and which intervention they selected. This could potentially be added a short section to the results, or perhaps written up (combining data from your lab's other studies that use this approach) as a research brief in a separate publication. I see this being important information the field as a whole could utilize in grant applications and determination of expected resources required to bring waitlist participants through the intervention later on.

In summary, this manuscript presents important, novel, and timely data. It has been strengthened by author-made revisions. I look forward to its publication.

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 recommend additional statistical review

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

Acceptable

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