Reviewer’s report

Title: Does diet strictness level during weekends and holiday periods influence 1-year follow-up weight loss maintenance? Evidence from the Portuguese Weight Control Registry

Version: 0 Date: 03 Oct 2018

Reviewer: Rc Coelho

Reviewer's report:

I was really pleased with the information that the article brought. This is an observation I have already made in the office, accompanying patients with obesity.

In my experience, those who assume a less strict eating pattern on weekends are more successful in maintaining weight loss.

I even published an editorial on this subject, in which I called this phenomenon of eating behavior as "controlled overeating." And there is really few evidence in the literature about eating behaviors of the ones who maintain weight loss.

I do not have many considerations about the article, I just suggested reformulating some sentences and improving the resolution of the figures.

Abstract (line 1): "Research about how diet...is currently unclear"

I suggest to rephrase, because how it is written suggest there is a specify research which is not clear. For example: "There is not much evidence about how diet…"

Line 23: the same sentence cited above. I suggest reformulating.

Figures are with low resolution

Level of interest
Please indicate how interesting you found the manuscript:

An article of importance in its field

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

Needs some language corrections before being published
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