

Keep It Off Weight Reporting Protocol and Algorithm

Intervention participants were encouraged to weigh themselves daily, but at minimum weekly, and to report their weight to the study team on a weekly basis on the study website. Among the intervention participants who submitted weight information to the website, an algorithm was run on a weekly basis that assessed whether each participant had provided sufficient data to determine the participant's weight trajectory. If sufficient data were present, the supplied weight values were evaluated to determine whether the participant was eligible for a weight gain call.

Intervention participants who had provided weight data in none; in only one or two of the four most recent consecutive weeks; or in three non-consecutive of the four most recent weeks did not have sufficient weight data to trigger a weight gain call.

Intervention participants who had provided weight data in the three (but not four) most recent consecutive weeks and for whom the third week's weight (i.e., most recent) was 2 or more pounds higher than the first week's weight (least recent) were eligible for a weight gain call. Participants who had provided weight data in the three most recent consecutive weeks who did not meet the threshold of 2 or more pounds of weight gain were not eligible for a weight gain call. The code that classified a participant with 3 consecutive weeks of weight data as eligible for a weight gain call was

If (lastwt - firstwt) >= 2

Intervention participants who had provided weight data in each of the 4 most recent consecutive weeks were eligible for a weight gain call if either of two conditions were met. The first condition was that the average of the third and fourth weeks' (most recent) weights was 2 or more pounds higher than the average of the first and second weeks' recent (less recent) weights. The second condition was that the fourth week's weight was at least 2 pounds more than the first week's weight, and that each of the weights in second, third and fourth weeks was higher than the previous week's weight. Participants who had provided weight data in each of the 4 most recent consecutive weeks but met neither of these conditions were not eligible for a weight gain call. The code that classified a participant with 4 consecutive weeks of weight data as eligible for a weight gain call resulting from the first condition was

If (CalculateAverage(week3, week4) - CalculateAverage(week1, week2) >= 2

where

CalculateAverage = Round((wt1 + wt2) / 2, 2) .

The code that classified a participant with 4 consecutive weeks of weight data as eligible for a weight gain call resulting from the second condition was

((week4 - week1) >= 2) And ((week4 > week3) And (week3 > week2) And (week2 > week1)) .