

### Average Weekly Rate of Weight Loss by Time – 4 & 2 &1 Plan

Time Interval	Rate of Weight Change (kg/week)	95% CI
0 to 1 week	-2.71	(-2.87, -2.55)*
0 to 2 weeks	-1.89	(-1.99, -1.79)*
0 to 4 weeks	-1.36	(-1.41, -1.31)*
0 to 8 weeks	-1.00	(-1.03, -0.97)*
0 to 12 weeks	-0.84	(-0.86, -0.82)*
0 to 16 weeks	-0.75	(-0.77, -0.74)*
0 to 20 weeks	-0.69	(-0.70, -0.67)*
0 to 24 weeks	-0.63	(-0.65, -0.61)*

Random effect regression model estimating the association between weight change and time, assessed over different intervals while individuals were on the 4 & 2 &1 Plan; model included baseline weight as a covariate. \*  $p < 0.0001$ .