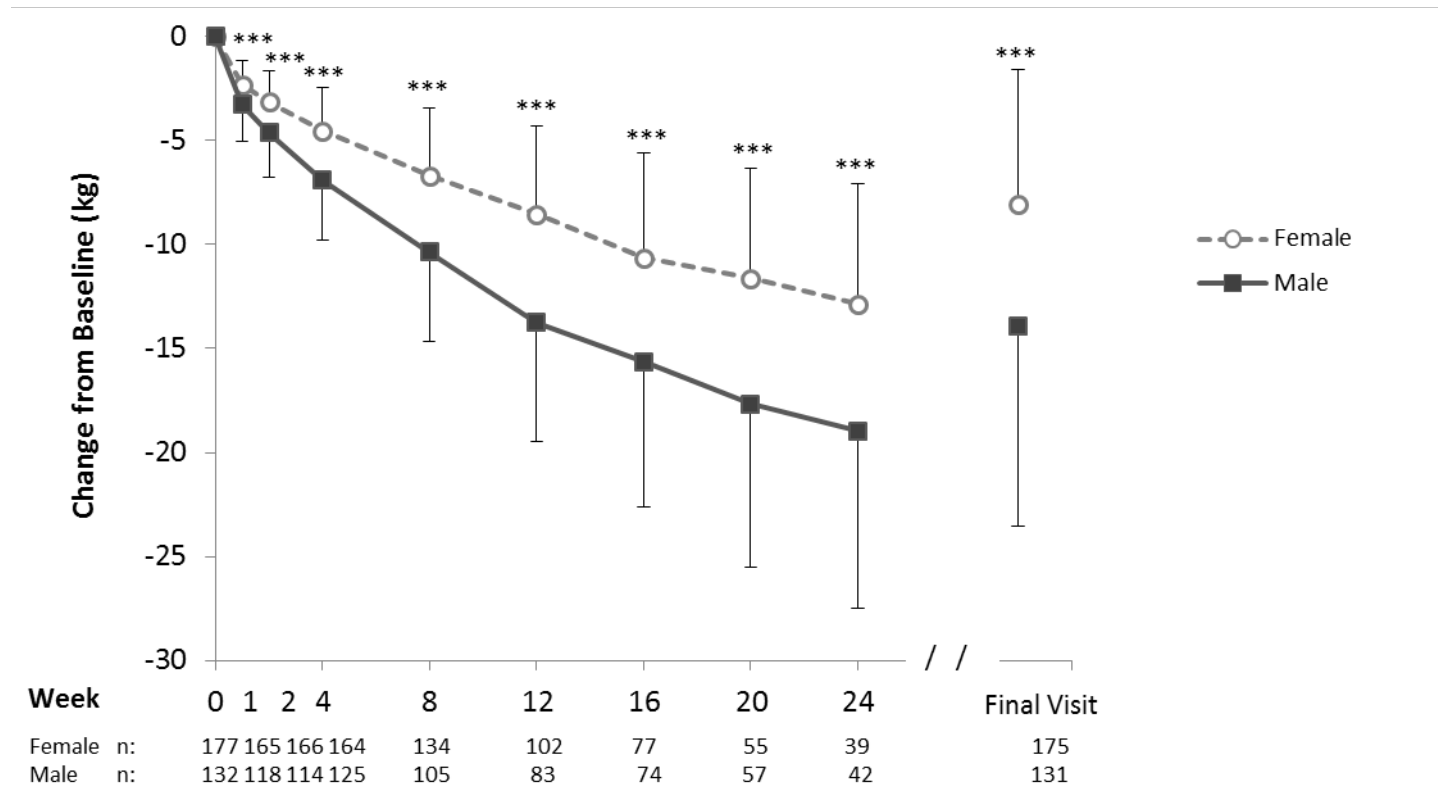
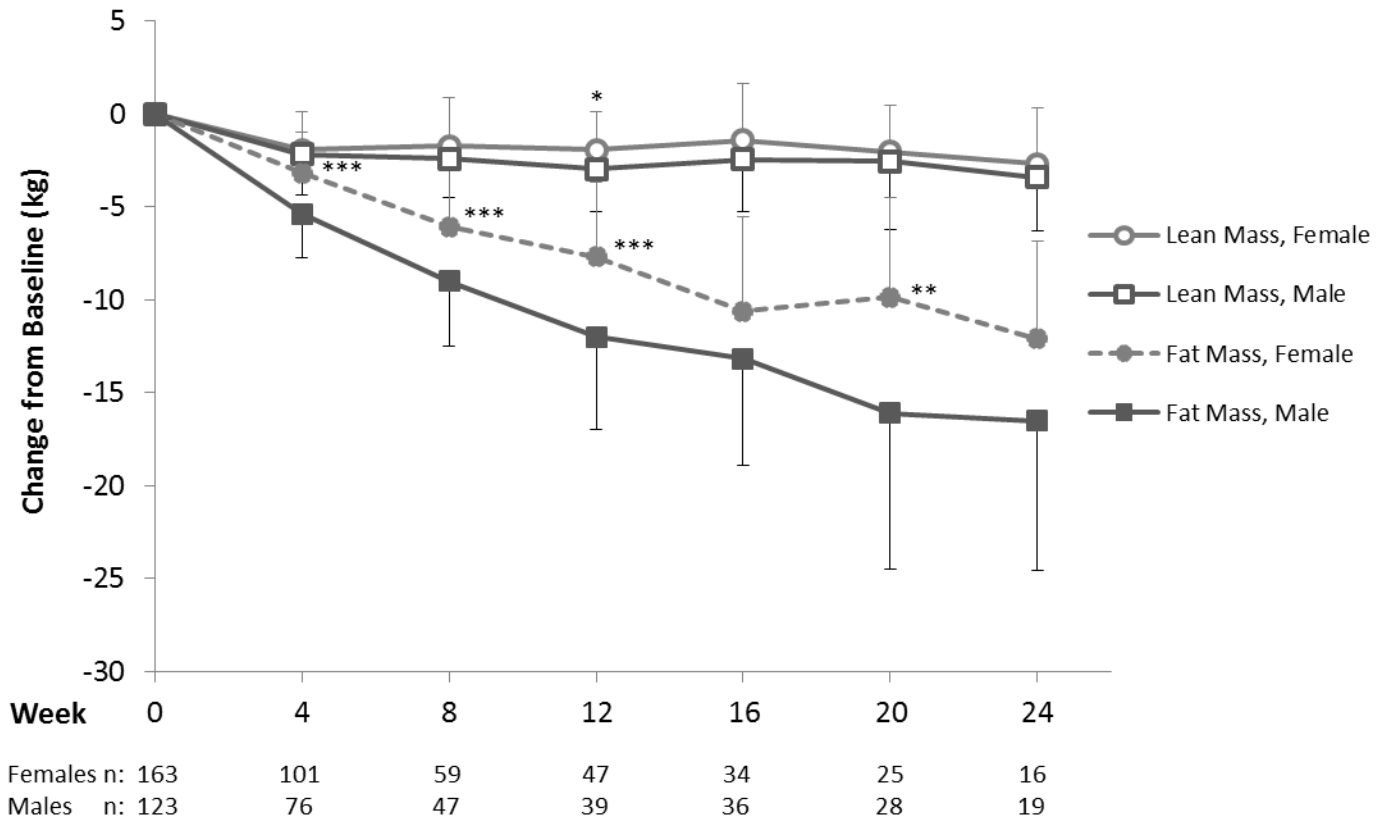


Change from Baseline Body Weight (SD) for Completers by Gender



Mean (\pm SD) change from baseline body weight by gender for the Completers population which included all individuals with weight data at the given visit; sample sizes are designated below the graph. Final Visit represents an individual's last visit to the MWCC while on the 4 & 2 & 1 Plan. Significance level for within group changes from baseline were $p < 0.0001$ for males and $p \leq 0.001$ for females. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: *** $p < 0.0001$.

Change from Baseline Lean Body Mass and Fat Mass (SD) for Completers by Gender



Mean (\pm SD) change from baseline lean body mass and body fat mass for Completers by gender. The Completers population included all individuals with weight data at the given visit; sample sizes are designated below the graph. Significance level for all within group changes from baseline were $p < 0.0001$ for fat mass and $p < 0.01$ for lean mass in both genders at all time points. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: * $p < 0.05$; ** $p < 0.01$; *** $p < 0.0001$.