

Multimedia Appendix 1. Mean changes in weight, physical activity, and diet from baseline (BL) to 6-months (6M), 12-months (12M) and 18-months (18M) follow-up.

		Weight (kg)	MVPA (mins/day)	Energy intake (kJ/day)
Baseline	Mean ±SD	81.7 ± 13.1	27.3 ± 18.8	7862 ± 1982
6MΔ ^a	Mean (95% CI)	-5.5 (-7.2, -3.8)	8.7 (2.6, 14.8)	-1197 (-1768, -626)
	p	<0.001	0.006	<0.001
12 MΔ ^a	Mean (95% CI)	-4.2 (-5.9, -2.5)	2.6 (-3.9, 9.2)	-833 (-1452, -214)
	p	<0.001	0.423	0.009
18 MΔ ^a	Mean (95% CI)	-4.2 (-6.0, -2.4)	10.4 (3.6, 17.2)	-417 (-1067, 233)
	p	<0.001	0.003	0.200
12MΔ-6MΔ ^b	Mean (95% CI)	1.3 (-0.5, 3.1)	-6.1 (-14.9, 2.8)	364 (-610, 1338)
	p	0.211	0.260	0.735
18MΔ-12MΔ ^b	Mean (95% CI)	-0.0 (-1.9, 1.8)	7.8 (-1.6, 17.2)	416 (-620, 1452)
	p	1.000	0.132	0.690
18MΔ-6MΔ ^b	Mean (95% CI)	1.3 (-0.5, 3.1)	1.7 (-7.5, 10.9)	780 (-223, 1784)
	p	0.242	0.957	0.170

Footnote: Analyses carried out under intention-to-treat principles for all participants at baseline and 6-months, and then completers from this sample at 12- and 18-months [BL=29; 6M=29; 12M=25; 18M =23]

^a Mean changes from baseline, estimated from mixed models, adjusted for baseline values, age, income, time since diagnosis, and chemotherapy treatment ^b Differences in change between follow-up time points, estimated from mixed models, adjusted for baseline values, age, income, time since diagnosis, and chemotherapy treatment