



Note. GWG = gestational weight gain. The intervention dosage is adapted (e.g., “stepped up” or intensity of the intervention is increased) based on the extent to which a woman is meeting or not meeting her weight gain goals (determined by the decision rule process in Figure 6). A participant who is efficiently managing her weight may remain in the baseline intervention throughout the study duration whereas a participant who is having difficulty with managing her weight will receive additional intervention content and components (e.g., additional active learning sessions; meal replacements, etc.) to help bring her within her weight goal range [1].