

SUPPLEMENTARY FILE 1. Momenta session content

Week	Key topic	Key topic
Getting started session	Motivation for weight loss Weight loss goals Differences from other weight management programmes Monitoring	
Week 1	Snacking Fatty, sugary snacks Calories from snacking Healthy snack choices Healthy eating patterns	Week 7 Fats Reducing fat Different types of fat Lower-fat cooking techniques Hidden fats
Week 2	Heart rate Cardiovascular exercise and health Cardiovascular exercise and weight management Recommended amounts of CV activity Heart rate and exercise	Week 8 Internal triggers Introduction to internal triggers Identifying internal triggers Managing internal triggers
Week 3	Food as fuel A balanced diet and health Planning meals Fibre	Week 9 Active lifestyles Physical activity and health Physical activity and weight management Different types of physical activity
Week 4	External triggers Introduction to external triggers External triggers and over-eating Managing triggers	Week 10 Meals Positive meal environment Shopping Food labels
Week 5	Strength Resistance activity and health Resistance activity and weight management	Week 11 Sugars Sugary foods and drinks and weight loss Alcohol Added sugars Sugary drinks and appetite regulation
Week 6	Breakfast Eating breakfast Retraining appetite Barriers to eating breakfast Developing new breakfast habits Beyond marketing	Week 12 Eating out Challenges when eating away from home Management and coping strategies Moving forwards