

Supplement 4: Consultations with personal lifestyle coach and dietician

	Preconception							During pregnancy								Postpartum						
	Baseline	1 month	2 months	3 months	6 months	9 months	12 months	6 weeks	12 weeks	16 weeks	20 weeks	28 weeks	32 weeks	36 weeks	38 weeks	1 month	3 months	4 months	6 months	7.5 months	9 months	12 months
Personal lifestyle coach	x	x	x	x	x	x	x	x	x	x	x		x	x		x	x		x		x	x
Dietician	x	x		x	x	x		x	x		x	x		x		x		x		x		