

**Multimedia Appendix 2: Schedule of enrolment, interventions, and assessments (SPIRIT template)**

	STUDY PERIOD																
	Enrolment	Allocation	Post-allocation													Close-out	
TIMEPOINT (weeks)	-t <sub>1</sub>	-t <sub>1</sub>	1	2	3	4	5	6	7	8	9	10	11	12	13	14	+t <sub>14</sub>
<b>ENROLMENT:</b>																	
Eligibility screen	×																
Informed consent	×																
Allocation		×															
<b>INTERVENTION:</b>																	
HOT		×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×
<b>ASSESSMENTS:</b>																	
Teens only: - Self reported height and weight	×																×
Teens only: - CDQ [41] - Serves of core foods [42] - Harter self-perception profile [47] - 7-day accelerometry - APARQ [45] - ASAQ [46]		×															×
Parents only: - CDQ [41] - Harter self-perception profile [47]																	
Teens and parents: - Engagement with HOT Moodle			×	×	×	×	×	×	×	×	×	×	×	×	×	×	
Teens only: - Engagement with HOT-BOT			×	×	×	×	×	×	×	×	×	×	×	×	×	×	
Teens and parents: - post-program satisfaction questionnaire - Interviews																	×

Abbreviations: BMI, body mass index; CDQ, Children’s Dietary Questionnaire; APARQ, Adolescent Physical Activity Recall Questionnaire; ASAQ, Adolescent Sedentary Assessment Questionnaire