

Table S1. Search Strategy:

Initial search strategy executed March – May 2019		
Database	Search Strategy	Number of results
Medline PubMed	("Adult"[Mesh]) AND (Meal Timing[tiab] OR eating time[tiab] OR ingestive behavior[tiab] OR time of eating[tiab] OR eating patterns[tiab] OR feeding behavior[MESH] OR "Exercise"[Mesh] OR exercise time[tiab] OR pre-prandial exercise[tiab] OR postprandial exercise[tiab]) AND Humans AND (obesity[tiab] OR overweight[tiab] OR obesity[mesh] OR diabetes[tiab] OR Diabetes Mellitus[mesh])	26,401
SPORTDiscus	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	113
CINAHL	Adult AND (eating behavior OR feeding behavior OR ingestive behavior OR meal timing OR eating patterns OR eating time OR exercise time or pre-prandial exercise or post-postprandial exercise or exercise OR time of eating) AND humans AND (obesity or overweight or diabetes or diabetes mellitus)	4,206
Cochrane Library Database of Systematic Reviews	Adult AND (eating behavior OR feeding behavior OR ingestive behavior OR meal timing OR eating patterns OR eating time OR exercise time OR pre-prandial exercise OR post-prandial exercise OR exercise OR time of eating) AND humans AND (obesity or overweight or diabetes or diabetes mellitus)	42
Scopus	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	277
Google Scholar	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	12

Total results= 31,051

Number of duplicates removed= 937

Total number of studies screened: 30,114

Studies excluded for not meeting eligibility criteria: 30,095

Studies included for full text assessment: 19

Studies included in review: 19

Table S1. Search Strategy Cont.

Final search executed on November 17, 2019 for period May 21 - November 17		
Database	Search Strategy	Number of results
Medline PubMed	("Adult"[Mesh]) AND (Meal Timing[tiab] OR eating time[tiab] OR ingestive behavior[tiab] OR time of eating[tiab] OR eating patterns[tiab] OR feeding behavior[MESH] OR "Exercise"[Mesh] OR exercise time[tiab] OR pre-prandial exercise[tiab] OR postprandial exercise[tiab]) AND Humans AND (obesity[tiab] OR overweight[tiab] OR obesity[mesh] OR diabetes[tiab] OR Diabetes Mellitus[mesh])	135
SPORTDiscus	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	19
CINAHL	Adult AND (eating behavior OR feeding behavior OR ingestive behavior OR meal timing OR eating patterns OR eating time OR exercise time or pre-prandial exercise or post-postprandial exercise or exercise OR time of eating) AND humans AND (obesity or overweight or diabetes or diabetes mellitus)	226
Cochrane Library Database of Systematic Reviews	Adult AND (eating behavior OR feeding behavior OR ingestive behavior OR meal timing OR eating patterns OR eating time OR exercise time OR pre-prandial exercise OR post-prandial exercise OR exercise OR time of eating) AND humans AND (obesity or overweight or diabetes or diabetes mellitus)	2
Scopus	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	50
Google Scholar	(adult AND (eating AND behavior OR feeding AND behavior OR meal AND timing OR eating AND patterns OR exercise AND time) AND humans AND (obesity OR overweight OR diabetes))	2

Total number of studies screened = 434

Number of duplicates= 36

Total number of studies screened: 398

Studies excluded for not meeting eligibility criteria: 397

Studies included for full text assessment: 1

Studies included in review: 1