

Table 1

Intervention Content

Week	Topic	Behavioral skills	Education Points
1	Meal timing and hydration	<ul style="list-style-type: none"> • Education • SMART (specific, measurable, attainable, relevant, and time-bound) goal • Action plan • Monitoring method and frequency 	<ul style="list-style-type: none"> •Space liquids and solids by 20-30 minutes •Eat several small meals throughout the day •Avoid skipping meals •Drink 64 oz. of water daily •Eliminate carbonated and sugar sweetened beverages •Minimize alcohol consumption
2	Protein and carbohydrate intake		<ul style="list-style-type: none"> •Consume 60-80 g protein daily •Focus on carbohydrates from vegetables, whole grains, and occasional fruits •Avoid highly processed carbohydrates (e.g., candy, desserts, etc.)
3	Exercise and lifestyle physical activity		<ul style="list-style-type: none"> • Engage in regular exercise • Increase lifestyle physical activity • Listen to body; do not push too much, too soon
4	Vitamin and mineral supplementation		<ul style="list-style-type: none"> •Labs with bariatric team are important for determining proper supplementation •If taking iron and calcium, take them at least 2 hours apart
6, 8, 10, 12, 14	Maintenance of weight loss		<ul style="list-style-type: none"> • Satisfaction with outcomes • Self-weighing • Relapse prevention • Social support