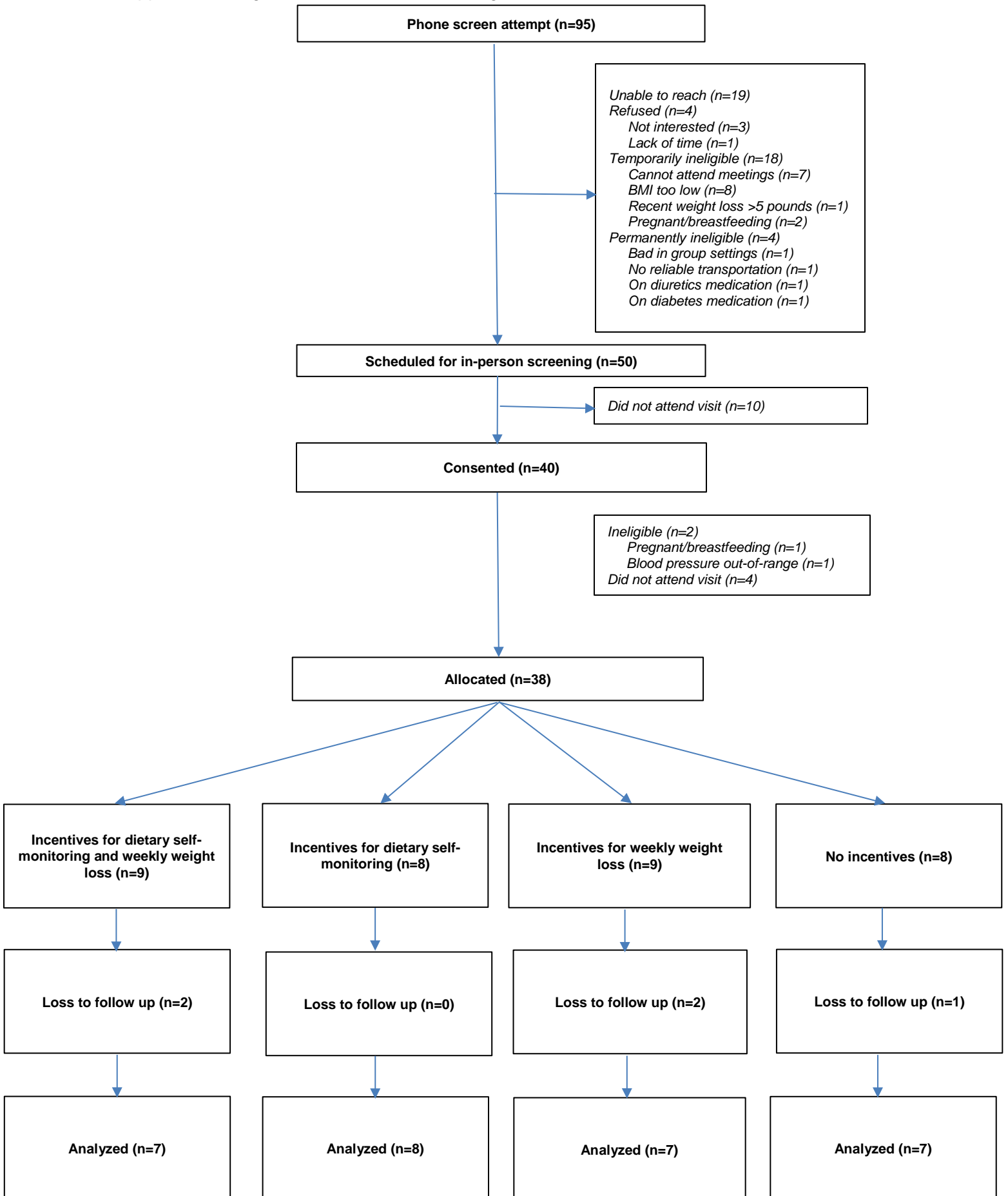


Supplemental Figure 1: CONSORT Flow Diagram for Cohort 1



CONSORT Flow Diagram for Cohort 2

Phone screen attempt (n=114)

Unable to reach (n=35)  
Refused (n=19)  
Not interested (n=1)  
Lack of time (n=3)  
Cannot make meeting times (n=14)  
Bad in group settings (n=1)  
Temporarily ineligible (n=8)  
BMI too low (n=7)  
Save for next cohort (n=1)  
Permanently ineligible (n=8)  
Age does not qualify (n=3)  
On diabetes medication (n=3)  
No smart phone (n=2)

Scheduled for in-person screening (n=46)

Did not attend visit (n=10)

Consented (n=36)

Did not attend visit (n=5)

Allocated (n=31)

Incentives for dietary self-monitoring and weekly weight loss (n=7)

Incentives for dietary self-monitoring (n=8)

Incentives for weekly weight loss (n=8)

No incentives (n=8)

Loss to follow up (n=0)

Loss to follow up (n=2)

Loss to follow up (n=1)

Loss to follow up (n=3)

Analyzed (n=7)

Analyzed (n=6)

Analyzed (n=7)

Analyzed (n=5)

CONSORT Flow Diagram for Cohort 3

