Figure caption

*Figure 1. Participant flow diagram. *Indicates baseline exclusion criteria that was later removed.*
Assessed for eligibility (n = 23)

Did not meet inclusion criteria (n = 8)
- No previous weight loss program experience (n = 3)
- Current weight loss program (n = 1)
- BMI < 27.5 (n = 1)
- BMI > 40 (n = 2)*
- Gave birth in last 6 months (n = 1)*

Eligible (n = 15)

Did not consent to participate (n = 2)

Completed baseline assessment and started intervention (n = 13)

Dropped out of study (n = 3)
- Dropped out after baseline for unknown reasons (n = 1)
- Dropped out during week 3 of intervention due to family crises (n = 2)

Completed post assessment (n = 10)

Completed 3-month follow up assessment (n = 9)

*The last participant completed part of follow up*