

## Retention procedures and timeline for the FFIT Follow up study

<b>Initial contact: December 2014</b>
Christmas cards, which included request for any updated contact information, sent by post.
<b>Study notification: February 2015</b>
Personalised letter and study information sheets sent by post.
<b>Invitations and reminders for stadium measurements: February to May 2015</b>
Individual phone calls to make stadium measurement appointments began three weeks before the measurement sessions at each club. They were conducted by one dedicated fieldworker who had been involved in the FFIT RCT from the outset. Stadium measurement appointments were immediately confirmed by email or post. Men were sent additional email and text reminders five days and one day (respectively) before their appointment. Men who could not attend a stadium appointment were offered a home visit.
<b>Invitations to home visits and self-reported weight: June to September 2015</b>
Small team of fieldworkers contacted each man directly to arrange a home visit appointment. Men who declined to take part in home visit measurements were given the option of self-reporting their weight by phone, text, email or post.