FFIT Follow up measurement schedule

A) Measures used in the FFIT RCT and the Follow up study

Time	Demographic characteristics	Height	Weight	Waist circumference	BMI	Percentage body fat ^(a)	Blood pressure	Modified DINE	IPAQ	Self reported alcohol	PANAS	Rosenberg self-esteem	SF12 & resource use	Smoking status	Affiliation to football	Joint pain	Injury	Longstanding illnesses	Use of weight / health promotion initiatives
Baseline	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	-	-	х	х
12 weeks	-	х	х	х	х	х	х	х	х	х	х	х	х	х	х	-	-	х	х
12 months	-	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х	х
3.5 years	-	-	Х	Х	Х	х	Х	Х	Х	Х	Х	Х	Х	Х	-	Х	Х	Х	х

⁽a): Percentage body fat was not measured at home visits

B) Measures used only in the FFIT Follow up study

Time	FFIT attendance	Post FFIT weight loss	Contact with FFIT men / coaches	Changes in personal circumstances	Use of behaviour change techniques	Use of weight / diet / PA strategies	Satisfaction with changes	NRS-10 peers / family	TSRQ diet / PA	PCS diet / PA	LCS diet / PA	Family health history
3.5 years	Х	х	Х	х	Х	Х	Х	Х	Х	Х	Х	х