Additional File 1: Mean Changes in Outcome Measures from Baseline to 16-week follow-up for Completers only

	Standard Mean ± SD (p-value for change)	Motivational Mean ± SD (p-value for change)	Standard vs. Motivational p-value
Weight Loss (kg)	3.4 ± 3.6 (<i>p</i> <0.001)	3.9 <u>+</u> 3.4 (<i>p</i> <0.001)	0.57
Waist Circumference Decrease (cm)	3.6 ± 5.5 (<i>p</i> <0.001)	3.6 ± 5.0 (<i>p</i> <0.001)	0.99
% Body Fat Decrease	1.8 ± 3.3 (p =0.004)	1.6 <u>+</u> 2.9 (p=0.003)	0.85
Decrease in Energy Intake (kcal/day)	572 ± 625 (<i>p</i> <0.001)	432 ± 470 (<i>p</i> <0.001)	0.31
Decrease in % Fat Intake	$1.6 \pm 4.5\%$ $(p=0.04)$	0.6 <u>+</u> 5.7% (p=0.56)	0.42
Increase in Physical Activity (kcal/week)	124 <u>+</u> 898 (<i>p</i> =0.42)	145 <u>+</u> 981 (<i>p</i> =0.42)	0.93

N=70; Participants in the two groups did not differ on change on any main outcome measures over the 16 weeks.