

Supplementary Table 2. Interview schedule and inquiry logic for semi-structured interviews

Objective	Question	Example prompts
Explore the general experience of participants who had completed the TTT or DSD intervention	<p>You were on the TTT/DSD program for 12 weeks, what was that experience like for you?</p> <p>How useful did you find the tick sheet/text messages/weekly phone calls?</p> <p>Did you experience a highlight on the program?</p> <p>Did you experience a lowlight on the program?</p> <p>Making lifestyle changes can be quite challenging. Was there anything you did (either from your own initiative or from the program) that helped you through some of those challenges?</p> <p>Do you have any further feedback or comments on the program?</p>	<p>What was it about the program that gave you that experience?</p> <p>xxxx sounds like it was most useful to you, why do you think that was?</p> <p>What was it and why was it a highlight?</p> <p>What was it and why was it a lowlight?</p> <p>How did that help you stay on track?</p>
Discover whether the interventions affected the participants lifestyle post-intervention	<p>Since you completed the program is there anything that you have carried on doing?</p>	<p>Why do you think you have kept doing them?</p> <p>Why have you not carried on with some of the other recommendations?</p>
Consider the acceptability and practical application of TTT and DSD	<p>How easy or hard was it to follow and understand the instructions?</p> <p>How practical was this program to implement in your daily life?</p> <p>Were there any tips or tasks you found particularly easy on the program?</p> <p>Were there any tips or tasks you found particular difficult on the program?</p> <p>Often times life presents problems that make it hard to follow the program perfectly. Did you experience any of these?</p> <p>People who have been on weight loss programs have often tried several methods to lose weight. How did you find the program compared to other weight loss methods you've used before?</p> <p>Would you recommend a weight loss program like this to friends or family?</p>	<p>Is there anything you feel could have been done to make the instructions easier?</p> <p>Why was it practical/impractical?</p> <p>Why were they easy for you?</p> <p>Why were they difficult for you? How could these have been made easier/more practical for you?</p> <p>What were they and how did you manage them</p> <p>What were the similarities and differences?</p> <p>Why?/Why not?</p>

Abbreviations: TTT = Ten Top Tips; DSD = Do Something Different.