

**Affecting Mealtime Choices through Smartphone Reminders**

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**CONSORT 2010 Flow Diagram**

Assessed for eligibility (n = 95)

Excluded (n = 14)

  Not meeting inclusion criteria (n = 2)

  Declined to participate (n = 12)

  Other reasons (n = 0)

Analysed Treatment Group (n = 40)  
 Excluded from analysis (n = 0)

Lost to Follow Up = 0

**TREATMENT (n = 40)**

 Received allocated intervention (n = 40)

 Did not receive allocated intervention (give reasons) (n = 0)

Lost to Follow-Up = 1 (participant sent no outcome measures after baseline).

**CONTROL** (n = 41)

 Received allocated intervention (n = 41)

 Did not receive allocated intervention (give reasons) (n = 0)

Analysed Control Group (n = 40)  
 Excluded from analysis (n = 0)

## Allocation

## Analysis

## Follow-Up

Randomized (n = 81)

## Enrollment