

**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= 1)

  Declined to participate (n= 13)

  Other reasons (n= 0)

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

Lost to follow-up (give reasons) (n= 0 )

Discontinued intervention (give reasons) (n= 0)

Allocated to intervention (n= 40 )

 Received allocated intervention (n= 40)

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

Lost to follow-up (give reasons) (n= 0 )

Discontinued intervention (give reasons) (n= 0)

Allocated to intervention (n= 41 )

 Received allocated intervention (n= 41)

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

Analysed Control Group (n= 41 )  
 Excluded from analysis (n= 0)

## Allocation

## Analysis

## Follow-Up

Randomized (n= 81 )

## Enrollment