**Supplementary Table 21. Mixed model coefficients for session average ACV for a cohort of thirty-nine resistance trained adult males and females that either habitually consumed or did not consume breakfast and participated in a randomized crossover investigation seeking to elicit the impact of breakfast consumption on afternoon resistance training performance in an isoenergetic state.**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Value** | | |
| *Predictors* | *Estimates* | *CI* | *p* |
| (Intercept) | 0.35 | 0.30 – 0.40 | **<.001** |
| Condition [BO] | 0.00 | -0.02 – 0.03 | .848 |
| Breakfast [NonConsumer] | 0.02 | -0.04 – 0.09 | .472 |
| Sex [Male] | 0.02 | -0.05 – 0.09 | .587 |
| Set [2] | -0.01 | -0.03 – -0.00 | **.019** |
| Set [3] | -0.03 | -0.04 – -0.01 | **.001** |
| Set [4] | -0.04 | -0.06 – -0.02 | **<.001** |
| Condition [BO] × Breakfast [NonConsumer] | -0.02 | -0.06 – 0.02 | .309 |
| Condition [BO] × Sex [Male] | -0.03 | -0.07 – 0.01 | .168 |
| Breakfast [NonConsumer] × Sex [Male] | -0.01 | -0.11 – 0.09 | .849 |
| Condition [BO] × Set [2] | -0.01 | -0.03 – 0.01 | .319 |
| Condition [BO] × Set [3] | -0.00 | -0.02 – 0.02 | .886 |
| Condition [BO] × Set [4] | -0.01 | -0.03 – 0.02 | .664 |
| Breakfast [NonConsumer] × Set [2] | -0.01 | -0.02 – 0.01 | .427 |
| Breakfast [NonConsumer] × Set [3] | 0.00 | -0.02 – 0.03 | .826 |
| Breakfast [NonConsumer] × Set [4] | -0.01 | -0.03 – 0.02 | .620 |
| Sex [Male] × Set [2] | -0.03 | -0.04 – -0.01 | **.004** |
| Sex [Male] × Set [3] | -0.02 | -0.04 – 0.01 | .151 |
| Sex [Male] × Set [4] | -0.01 | -0.04 – 0.02 | .499 |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 0.06 | 0.00 – 0.11 | **.034** |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 0.01 | -0.01 – 0.04 | .294 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | 0.00 | -0.03 – 0.03 | .910 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 0.01 | -0.02 – 0.05 | .441 |
| (Condition [BO] × Sex [Male]) × Set [2] | 0.02 | -0.00 – 0.05 | .084 |
| (Condition [BO] × Sex [Male]) × Set [3] | 0.00 | -0.03 – 0.04 | .833 |
| (Condition [BO] × Sex [Male]) × Set [4] | -0.00 | -0.04 – 0.04 | .970 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 0.04 | 0.02 – 0.06 | **.001** |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 0.02 | -0.01 – 0.05 | .283 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 0.01 | -0.03 – 0.05 | .560 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -0.05 | -0.08 – -0.02 | **.005** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -0.03 | -0.07 – 0.02 | .254 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -0.02 | -0.07 – 0.03 | .453 |
| **Random Effects** | | | |
| σ2 | 0.00 | | |
| τ00 ID | 0.00 | | |
| ICC | 0.84 | | |
| N ID | 40 | | |
| Observations | 320 | | |
| Marginal R2 / Conditional R2 | 0.098 / 0.856 | | |