**Supplementary Table 23. Mixed model coefficients for session average power 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) | 228.63 | 179.91 – 277.36 | **<.001** |
| Condition [BO] | -1.55 | -28.69 – 25.58 | .910 |
| Breakfast [NonConsumer] | 10.35 | -60.60 – 81.31 | .769 |
| Sex [Male] | 216.79 | 145.83 – 287.75 | **<.001** |
| Set [2] | -8.37 | -22.41 – 5.66 | .241 |
| Set [3] | -15.24 | -33.72 – 3.23 | .105 |
| Set [4] | -24.92 | -46.07 – -3.78 | **.021** |
| Condition [BO] × Breakfast [NonConsumer] | -15.16 | -53.54 – 23.22 | .437 |
| Condition [BO] × Sex [Male] | -28.80 | -67.18 – 9.58 | .141 |
| Breakfast [NonConsumer] × Sex [Male] | 19.05 | -81.29 – 119.40 | .702 |
| Condition [BO] × Set [2] | -5.67 | -25.52 – 14.18 | .574 |
| Condition [BO] × Set [3] | -0.60 | -26.73 – 25.53 | .964 |
| Condition [BO] × Set [4] | -2.06 | -31.96 – 27.85 | .892 |
| Breakfast [NonConsumer] × Set [2] | -5.54 | -25.39 – 14.32 | .583 |
| Breakfast [NonConsumer] × Set [3] | 0.22 | -25.91 – 26.35 | .987 |
| Breakfast [NonConsumer] × Set [4] | -3.97 | -33.87 – 25.93 | .794 |
| Sex [Male] × Set [2] | -41.57 | -61.42 – -21.72 | **<.001** |
| Sex [Male] × Set [3] | -40.96 | -67.09 – -14.83 | **.002** |
| Sex [Male] × Set [4] | -35.65 | -65.56 – -5.75 | **.020** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 66.03 | 11.75 – 120.30 | **.017** |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 9.95 | -18.12 – 38.03 | .486 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | 1.38 | -35.57 – 38.34 | .941 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 7.34 | -34.95 – 49.63 | .733 |
| (Condition [BO] × Sex [Male]) × Set [2] | 23.27 | -4.80 – 51.35 | .104 |
| (Condition [BO] × Sex [Male]) × Set [3] | 2.96 | -34.00 – 39.91 | .875 |
| (Condition [BO] × Sex [Male]) × Set [4] | -10.28 | -52.57 – 32.01 | .632 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 51.38 | 23.30 – 79.45 | **<.001** |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 30.02 | -6.94 – 66.97 | .111 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | 10.97 | -31.32 – 53.26 | .610 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -60.56 | -100.26 – -20.85 | **.003** |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -34.40 | -86.66 – 17.86 | .196 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -12.86 | -72.66 – 46.95 | .672 |
| **Random Effects** | | | |
| σ2 | 949.40 | | |
| τ00 ID | 5170.99 | | |
| N ID | 40 | | |
| Observations | 320 | | |
| Marginal R2 / Conditional R2 | .924 / NA | | |