**Supplementary Table 29. Mixed model coefficients for bench press 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) | 0.31 | 0.28 – 0.34 | **<.001** |
| Condition [BO] | 0.02 | -0.01 – 0.05 | .146 |
| Breakfast [NonConsumer] | 0.01 | -0.04 – 0.05 | .749 |
| Sex [Male] | -0.00 | -0.05 – 0.04 | .988 |
| Set [2] | -0.02 | -0.04 – 0.00 | .108 |
| Set [3] | -0.04 | -0.07 – -0.02 | **<.001** |
| Set [4] | -0.05 | -0.08 – -0.03 | **<.001** |
| Condition [BO] × Breakfast [NonConsumer] | -0.02 | -0.05 – 0.02 | .448 |
| Condition [BO] × Sex [Male] | -0.02 | -0.06 – 0.02 | .260 |
| Breakfast [NonConsumer] × Sex [Male] | 0.02 | -0.04 – 0.08 | .500 |
| Condition [BO] × Set [2] | -0.02 | -0.05 – 0.01 | .130 |
| Condition [BO] × Set [3] | -0.01 | -0.04 – 0.03 | .642 |
| Condition [BO] × Set [4] | -0.02 | -0.05 – 0.02 | .376 |
| Breakfast [NonConsumer] × Set [2] | -0.00 | -0.03 – 0.02 | .869 |
| Breakfast [NonConsumer] × Set [3] | 0.02 | -0.01 – 0.05 | .248 |
| Breakfast [NonConsumer] × Set [4] | 0.01 | -0.03 – 0.04 | .738 |
| Sex [Male] × Set [2] | -0.02 | -0.05 – 0.00 | .067 |
| Sex [Male] × Set [3] | 0.01 | -0.02 – 0.05 | .431 |
| Sex [Male] × Set [4] | 0.02 | -0.02 – 0.05 | .342 |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 0.01 | -0.04 – 0.07 | .634 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [2] | 0.01 | -0.02 – 0.05 | .470 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [3] | -0.01 | -0.05 – 0.04 | .771 |
| (Condition [BO] × Breakfast [NonConsumer]) × Set [4] | 0.03 | -0.02 – 0.08 | .308 |
| (Condition [BO] × Sex [Male]) × Set [2] | 0.02 | -0.01 – 0.06 | .196 |
| (Condition [BO] × Sex [Male]) × Set [3] | -0.01 | -0.05 – 0.04 | .797 |
| (Condition [BO] × Sex [Male]) × Set [4] | -0.00 | -0.06 – 0.05 | .861 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [2] | 0.02 | -0.02 – 0.05 | .358 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [3] | -0.03 | -0.08 – 0.01 | .151 |
| (Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -0.03 | -0.08 – 0.02 | .282 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [2] | -0.02 | -0.08 – 0.03 | .358 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [3] | 0.01 | -0.05 – 0.08 | .735 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Set [4] | -0.00 | -0.07 – 0.07 | .937 |
| **Random Effects** | | | |
| σ2 | 0.00 | | |
| τ00 ID | 0.00 | | |
| ICC | 0.59 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .182 / .668 | | |