**Supplementary Table 38. Mixed model coefficients for energy 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) | 37.67 | 24.22 – 51.11 | **<.001** |
| Condition [BO] | -4.78 | -23.79 – 14.23 | .621 |
| Breakfast [NonConsumer] | 22.23 | 3.14 – 41.33 | **.024** |
| Sex [Male] | 13.73 | -5.36 – 32.83 | .153 |
| Assessment [2] | -5.11 | -18.00 – 7.78 | .435 |
| Assessment [3] | 3.89 | -12.11 – 19.88 | .632 |
| Assessment [4] | -3.89 | -21.33 – 13.56 | .661 |
| Condition [BO] × Breakfast [NonConsumer] | -1.52 | -27.73 – 24.68 | .909 |
| Condition [BO] × Sex [Male] | 9.58 | -16.63 – 35.78 | .472 |
| Breakfast [NonConsumer] × Sex [Male] | -22.13 | -48.78 – 4.52 | .101 |
| Condition [BO] × Assessment [2] | -4.22 | -22.45 – 14.00 | .649 |
| Condition [BO] × Assessment [3] | -11.11 | -33.73 – 11.51 | .334 |
| Condition [BO] × Assessment [4] | -8.89 | -33.56 – 15.78 | .479 |
| Breakfast [NonConsumer] × Assessment [2] | -7.39 | -25.15 – 10.37 | .413 |
| Breakfast [NonConsumer] × Assessment [3] | -13.19 | -35.24 – 8.86 | .240 |
| Breakfast [NonConsumer] × Assessment [4] | -15.81 | -39.86 – 8.24 | .196 |
| Sex [Male] × Assessment [2] | -4.69 | -22.45 – 13.07 | .604 |
| Sex [Male] × Assessment [3] | -24.79 | -46.84 – -2.74 | **.028** |
| Sex [Male] × Assessment [4] | -32.31 | -56.36 – -8.26 | **.009** |
| (Condition [BO] × Breakfast [NonConsumer]) × Sex [Male] | 10.72 | -25.85 – 47.29 | .564 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [2] | 6.52 | -18.60 – 31.64 | .610 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [3] | 10.11 | -21.07 – 41.29 | .524 |
| (Condition [BO] × Breakfast [NonConsumer]) × Assessment [4] | 9.89 | -24.12 – 43.90 | .567 |
| (Condition [BO] × Sex [Male]) × Assessment [2] | 12.82 | -12.30 – 37.94 | .316 |
| (Condition [BO] × Sex [Male]) × Assessment [3] | 24.21 | -6.97 – 55.39 | .127 |
| (Condition [BO] × Sex [Male]) × Assessment [4] | 19.89 | -14.12 – 53.90 | .250 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [2] | 4.59 | -20.20 – 29.38 | .716 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [3] | 13.89 | -16.88 – 44.65 | .375 |
| (Breakfast [NonConsumer] × Sex [Male]) × Assessment [4] | 15.91 | -17.65 – 49.47 | .351 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [2] | -20.52 | -55.58 – 14.53 | .250 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [3] | -22.91 | -66.42 – 20.60 | .301 |
| (Condition [BO] × Breakfast [NonConsumer] × Sex [Male]) × Assessment [4] | -24.09 | -71.54 – 23.37 | .318 |
| **Random Effects** | | | |
| σ2 | 419.20 | | |
| τ00 ID | 0.00 | | |
| ICC | 0.00 | | |
| N ID | 39 | | |
| Observations | 312 | | |
| Marginal R2 / Conditional R2 | .275 / .275 | | |