

Table S1. Weight Change over 12 weeks in 137 individuals who continued to log weight. P-values calculated using Student's paired t-test for 12 week versus baseline weight.

	Weight Start	Week 2	Week 4	Week 6	Week 8	Week 10	Week 12	12 Week Difference	P-value
ALL (137)	176.435182	174.216204	173.754453	173.237737	172.080511	171.841752	172.006204	-4.428978	1.03E-08
Healthy (88)	167.571591	166.482614	165.899773	165.409432	165.343977	165.22125	164.997386	-2.574205	0.000043492194
Pre (33)	188.005455	183.987879	184.490303	184.494848	180.078788	179.592121	181.206061	-6.799394	0.003382058195
T2D (16)	201.32125	196.596875	194.8125	193.075625	192.635	192.269375	191.58	-9.74125	0.000733427390

*P-values calculated using Student's paired t-test for 12 week versus baseline weight.