



# Partner2Lose Participation Timeline



## What will I be doing for the two years I am in the study?

**Months 1-6:** Attend group classes every two weeks. You will find out at your first group class whether your partner will be attending with you or if you will be attending by yourself.

**Months 7 – 18:** Participate in individual phone calls. In months 7-12 you will receive one phone call per month. In months 13-18 you will receive a call every *other* month. If you were selected to be in the group that does study activities with your partner, your partner will participate in some of the phone calls during this time period.

No matter which group you are selected to be in, you will attend a bonus class once per month, in months 7, 8 & 9. If you are in the group where you did classes in Months 1-6 with your partner, they will also attend these bonus classes. If you were in the group where you did classes in Months 1-6 by yourself, your partner will NOT attend these bonus classes.

**Months 19-24:** You will have no contact with the study until you are ready to be scheduled for your final measurement visit in month 24.

**Every three months:** You will receive an email with a link to complete a few brief surveys. These surveys will be done at home and completing them will not require an in-person visit.

**Every six months:** Attend in-person measurement visits with your partner, where you will have your weight measured and complete surveys. You will be paid \$40 each at visits 6, 12 and 18 and \$60 each at the 24- month measurement visit for a total of \$180 each over the two year period.



If you are assigned to the group that does classes alone, you will have the opportunity to attend two classes with your partner after you have been in the study for 24 months.