|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Additional File 2**: Schedule of assessments | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Visit** | 1 | 2 | | | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| **Week** | 0 | 0 | | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| **Study Procedure** |  |  | | |  |  |  |  |  |  |  |  |  |  |  |  |
| Review & discuss study participation | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  |  |
| Review inclusion & exclusion criteria | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  |  |
| Obtain informed consent | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  |  |
| Medication Review | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| A1C | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Fasting Glucose | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Liver enzymes | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Cholesterol | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Triglycerides | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| CRP | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Beta-cell function assessment | **✔b** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔b** |
| Height | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| Weight | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| Waist circumference | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| Body Fat % | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| Capillary Ketones |  | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** |
| Blood Pressure | **✔** | **✔a** | | | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔a** | **✔** |
| Health-related quality of life (SF-20) | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| 3-day diet analysis | **✔** |  | | |  |  |  |  |  | **✔** |  |  |  |  |  | **✔** |
| Physical activity | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  | **✔** |
| Demographics | **✔** |  | | |  |  |  |  |  |  |  |  |  |  |  |  |

a Pharm-TCR participants only

b Sub-sample of participants