

Table S1. Propel Intervention Curriculum Session Topics.

Session	Week	Session Topic
1	1	Welcome to PROPEL
2	2	Weight Path, Plan for Eating, and Toolbox Tools
3	3	Weight Path Review and Energy Balance
4	4	Phone Session: How's it going?
5	5	Let's Move More
6	6	Food Labels and Cutting Portions
7	7	Swapping Fruits and Vegetables
8	8	Phone Session: How's it going?
9	9	Healthy Protein Choices
10	10	Healthy Carbs
11	11	Fast Food
12	12	Phone Session: How's it going?
13	13	Asking for Support & Eating Less During the Holidays & Special Events
14	14	Healthy Snacking
15	15	Eating foods that fill you up
16	16	Phone Session: How's it going?
17	17	Dealing with Stress
18	18	Skip the Extra Calories
19	19	Flavoring your food
20	20	Phone Session: How's it going?
21	21	Preparing for Monthly Meetings
22	22	Phone Session: How's it going?
23	24	Grocery shopping without breaking the bank
24	28	Phone Session: Stay Motivated
25	32	Setting and meeting your goals
26	36	Phone Session: Getting the most of your time
27	40	Easy Food Swaps
28	44	Phone Session: Mindfulness
29	48	Losing weight and keeping it off
30	52	Phone Session: Reward yourself for meeting your goals
31	56	Change the way you eat
32	60	Phone Session: Find time to keep moving!
33	64	Stay on track at family events
34	68	Phone Session: Can anyone help over here?
35	72	Making cues work for you
36	76	Phone Session: I've got to have it!
37	80	Avoid Added Sugar
38	84	Phone Session: Challenge yourself
39	88	Avoid High Calorie, Unhealthy Foods
40	92	Phone Session: Goal setting review
41	96	Have a plan for slip ups
42	100	Phone Session: Ending strong
43	104	Congratulations!