

**Table S1.** Summary of data collected at each visit.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Week	1	2	4	6	8	10	12	14	16
Randomisation	x								
Screen and consent to the study	x								
Modified polycystic ovary syndrome health-related quality-of-life questionnaire (MPCOSQ) and Hospital Anxiety and Depression Scale (HADS)		X				X			
Motivation assessment		X	X	X	X				
Weight (kg) and BMI calculation		X				X	X	X	X
Blood Pressure		X				X			
Height (m)	x								
DEXA		X				X			
Endopat 2000		X				X			
Waist circumference and Hip circumference		X				X			
Weight maintenance support						X	X	X	X
Dietetic support ideally via visit (or email, phone, text)		X	x	X	x				
Measure of compliance				X		X			
Collection of drinks sachets (or as required)		X		X		X			
Oral glucose tolerance test		X				X			
Fasting blood tests		X				X			