



Table 1. Context of goal-setting components in Time2bHealthy (Study 1) and HIKCUPS (Study 2)

	Description	Theoretical basis	Length	Description of GS	Focus on GS	Target behavior	Context of GS
Study 1	Parent-centered online program, one module every 2 weeks [intro, diet, snacking, PA, screen time].	Social Cognitive Theory ^a	10 weeks	Parents asked to consider SMART goals for each behavior, given examples, prompted to choose what and when they would implement	Emphasized strongly throughout, recorded	Diet, PA, screen/sedentary time	Weekly planner for target behavior. Goals for target behavior recorded online at end of module. Individual feedback on goals provided and participants then encouraged to revise goals.
Study 2Diet	Parent-centered dietary modification Parent group sessions – reduce energy intake, increase fruit and vegetables, healthy snacks and drinks	Health Belief Model ^b [Small daily changes, GS, problem solving, role modeling, +ve reinforcement]	6 months [10 x 2 hr weekly sessions followed by 3 months monthly phone calls]	Parents educated on SMART principles then asked to set goals and implement. GS was in the 3 month follow-up.	Throughout (recorded only after 10 weeks)	Diet	Goals recorded by parents in week 10 on charts. No revision of goals. Monthly calls for next 3 months to discuss goal progress.
Study2PA	Child centered PA and skill development program Child group FMS sessions \ Home Challenge Folder for practice with family 2 x 1 hour session for parents and 2 hour refresher after 2 months	Competence Motivation Theory ^c [children's motivation for PA influenced by physical competence, social support and enjoyment]	6 months [10 x 2 hr weekly sessions followed by 3 months monthly phone calls]	Parents attend a 1 hour workshop on SMART goals	After 10 weeks	PA, sedentary time	Goals recorded by parents in week 10 on charts. Monthly calls for next 3 months to discuss goal progress. No revision of goals.
Study 2Combo	Combination of both Study2Diet and Study2PA	Health Belief Model ^b and Competence Motivation Theory ^c	6 months [10x 2 hr weekly sessions followed by 3 months monthly phone calls]	Combination of both Study2Diet and Study2PA	Throughout and after 10 weeks	Diet, PA, sedentary time	Combination of both Study2Diet and Study2PA

PA=physical activity, a Bandura (1986), b Bellamy (2004), c Harter (1978)

Table 2. Participant characteristics

	Study 1	Study 2PA	Study 2Diet	Study 2Combo
	n=36	n=18	n=25	n=40
Age (years)	3.1 (0.8)	8.0 (1.2)	8.5 (1.2)	8.1 (1.2)
% boys / girls	64/36	44/56	39/61	46/54
BMI SDS Baseline	0.7 (1.1)	2.9 (0.7)	2.6 (0.6)	2.7 (0.7)
BMI SDS Follow-up	0.6 (0.9)	2.7 (0.8)	2.3 (0.7)	2.4 (0.8)
Physical activity BL	-	676 (216)	694 (170)	712 (123)
Physical activity FU	-	639 (178)	698 (160)	752 (166)
Energy intake BL	-	274 (97)	263 (92)	271 (141)
Energy intake FU	-	230 (84)	236 (82)	234 (97)

Values are means (and standard deviations) unless otherwise stated. Physical activity is mean accelerometer counts per minute. Energy intake from food frequency questionnaire converted to kilojoules/kg/day. BL= baseline FU = follow-up.

Table 3. Associations between SMART goal-score, weight status and related health behaviors

	Adjusted β (95% CI)				
	BMI SDS	Dietary behaviors or energy intake	PA behavior	% time MVPA	Screen-time
Study 1	-0.07 (-0.58, 0.74)	F&V: 0.01 (-0.08, 0.17) NonCore: 0.12 (-0.51, 0.75)	0.01 (-0.19, 0.22)	nm	-83.53 (-212.17, 45.11)
Study 2Diet	0.02 (-0.06, 0.10)	-18.04 (-33.51, -2.58)*	-21.70 (-73.34, 29.91)	-0.18 (-1.93, 1.56)	-6.01 (-106.58, 94.56)
Study 2PA	-0.03 (-0.09, 0.04)	8.10 (-11.63, 27.84)	5.30 (-90.23, 100.80)	-0.59 (-0.65, 1.82)	-27.03 (-139.74, 85.68)
Study 2Combo	0.04 (-0.03, 0.10)	-2.70 (-22.59, 17.18)	36.42 (-8.11, 80.95)	0.94 (-0.73, 2.62)	23.81 (-53.67, 101.29)

Adjusted beta values from linear regression models with follow-up behavior as dependent variable, adjusting for baseline value. Study 1 Time2bHealthy online intervention, Study 2Diet HIKCUPS dietary intervention, Study 2PA HIKCUPS physical activity intervention, Study 2Combo HIKCUPS combined diet and physical activity intervention. F&V=fruit and vegetable intake; NonCore=snack intake; nm=not measured. * $p<0.05$