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Table 2. Free-living daily physical activity, hunger, and food cravings at baseline, week 2 and final week during intermittent energy restriction (IER) and continuous energy restriction (CER)

	IER (n=24)			CER (n=22)		
	Baseline	Week 2	Final week	Baseline	Week 2	Final week
		fast-feed day average	fast-feed day average		Week 2	Final week
Hunger (mm)	41 [36, 47]	49 [43, 55]	53 [46, 59] ^a	39 [33, 45]	42 [36, 48]	33 [27, 39]
Craving control (mm)	52 [46, 57] ^b	60 [54, 65] ^{b, c}	63 [57, 69] ^{b, c}	59 [54, 64]	75 [69, 80] ^c	81 [76, 87] ^c
Craving sweet (mm)	36 [29, 43] ^b	32 [25, 39] ^{b, c}	30 [23, 38] ^{b, c}	31 [24, 38]	23 [16, 30] ^c	18 [11, 26] ^c
Craving savoury (mm)	42 [36, 47] ^b	39 [33, 45] ^{b, c}	33 [27, 40] ^{b, c}	32 [25, 38]	23 [16, 29] ^c	18 [11, 24] ^c
Total PA (min/day)	259 [222, 296]	239 [201, 277]	247 [208, 287]	244 [206, 282]	247 [208, 285]	260 [221, 299]
Light PA (min/day)	183 [156, 211]	174 [146, 203]	176 [146, 205]	173 [145, 201]	174 [146, 203]	185 [156, 214]
MVPA (min/day)	76 [62, 90]	65 [51, 79]	72 [57, 87]	72 [58, 86]	73 [59, 87]	76 [62, 90]
Sed behaviour (min/day)	737 [695, 780]	734 [691, 778]	738 [693, 784]	738 [695, 782]	729 [684, 773]	709 [664, 753]
AEE (kcal/kg/day)	9.4 [8.4, 10.5]	8.1 [7.0, 9.2]	7.8 [6.6, 9.0] ^c	8.8 [7.7, 9.9]	8.5 [7.3, 9.6]	8.3 [7.1, 9.4] ^c

Values are estimated marginal means [95% CI]. PA, physical activity; MVPA, moderate-to-vigorous physical activity; Sed, sedentary.

^a Different to CER final week ($p < 0.001$) and IER baseline ($p = 0.011$)

^b Different to CER (main effect of group $p \leq 0.051$)

^c Different to baseline (post hoc from main effect of week $p \leq 0.04$)