

Supplement Table 1. Participant Demographic Characteristics at Baseline (N=1194)^a

Characteristics	Total	Intervention	Control
No.	1194	593	601
Mean (SD) age (years)	12.07 (0.99)	12.08 (0.98)	12.06 (1.01)
Race ^b			
Black	732 (61.3%)	343 (57.8%)	389 (64.7%)
Non-black	462 (38.7%)	250 (42.2%)	212 (35.3%)
Ethnicity			
Hispanic	163 (13.7%)	91 (15.4%)	72 (12.0%)
Non-Hispanic	961 (80.5%)	470 (79.3%)	491 (81.7%)
Missing	70 (5.9%)	32 (5.4%)	38 (6.3%)
Free/reduced price lunch			
Yes	939 (78.6%)	463 (78.1%)	476 (79.2%)
No	178 (14.9%)	86 (14.5%)	92 (15.3%)
Missing	77 (6.5%)	44 (7.4%)	33 (5.5%)
Pubertal stage			
Pre-puberty	35 (2.9 %)	19 (3.2%)	16 (2.7%)
Early puberty	105 (8.8%)	48 (8.1%)	57 (9.5%)
Mid-puberty	435(36.4%)	213 (35.9%)	222 (36.9%)
Late puberty	611 (51.2%)	309 (52.1%)	302 (50.3%)
Post-puberty	2 (0.2%)	1 (0.2%)	1 (0.2%)
Missing	6 (0.5%)	3 (0.5%)	3 (0.5%)
Weight status ^b			
Healthy weight	411 (34.4%)	224 (37.8%)	187 (31.1%)
Overweight	305 (25.6%)	154 (26.0%)	151 (25.1%)
Obese	478 (40.0%)	215 (36.3%)	263 (43.8%)

^aTable includes non-imputed data.

^b $p < .05$, calculated with chi-square test.

Supplement Table 2. Intervention Effect Results from Linear Mixed-Effect Models

Variable	BMI z-score			%BF			CRF			MVPA		
	Estimate	SE	p-value	Estimate	SE	p-value	Estimate	SE	p-value	Estimate	SE	p-value
Intercept	0.03	0.03	0.311	14.45	3.41	<.001	0.26	0.34	0.448	1.42	0.18	<.001
Intervention (Ref: control)	-0.02	0.01	0.232	-0.35	0.15	0.016	0.22	0.09	0.010	-0.07	0.07	0.332
Age	–	–	–	-0.13	0.09	0.175	–	–	–	-0.04	0.05	0.422
Hispanic (Ref: no)	0.02	0.02	0.389	0.01	0.21	0.965	-0.04	0.11	0.751	-0.09	0.11	0.407
Black (Ref: no)	-0.01	0.02	0.754	-0.02	0.17	0.920	0.08	0.10	0.442	-0.04	0.08	0.614
Low-SES (Ref: no)	0.01	0.02	0.596	0.24	0.20	0.238	-0.09	0.12	0.443	0.10	0.10	0.328
Puberty stage (Ref: early stage)	-0.01	0.02	0.613	0.08	0.16	0.601	0.03	0.09	0.752	0.04	0.09	0.667
Study year 2 (Ref: year 1)	0.01	0.02	0.711	0.18	0.20	0.375	-0.05	0.11	0.623	0.10	0.14	0.472
Study year 3 (Ref: year 1)	0	0.02	0.973	0	0.18	0.984	0.05	0.10	0.608	0.08	0.13	0.575
B MVPA	0.01	0.01	0.022	0.18	0.06	0.002	-0.07	0.03	0.062	0.63	0.03	<.001
B BMI z-score	0.95	0.01	<.001	–	–	–	–	–	–	-0.11	0.05	0.031
B %BF	–	–	–	0.82	0.04	<.001	–	–	–	–	–	–
B fitness	–	–	–	–	–	–	0.98	0.01	<.001	–	–	–