

## Sample Calendar of Study Visits and Time Commitments

Items in **Red** refer to Inpatient (overnight) Stays at the Center

Items in **Blue** are for the Group assigned to Caloric Restriction (CR) only

### Month 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Screening V1 Approx 2 hrs	6	7	8	9	10
11	12	13	14 Screening V2 Approx 3-6 hrs	15	16	17
18	19	20	21	22	23	24
25	26 Screening V3 Approx 1 hr	27	28	29	30	31

### Month 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10 Baseline V1&2 6 ½ hrs	11	12	13	14
15	16	17 Baseline V3 45 min	18	19	20	21
22	23	24 Baseline V4 6 ½ hrs	25	26	27	28

### Month 3

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Baseline V5 1 ½ hrs	3	4	5	6
7	8 Baseline V6 <b>Inpatient Stay Admit by 6:00 pm</b>	9 Baseline V7 <b>24 hr stay</b>	10 Baseline V8 <b>Discharge by noon</b>  <u>RANDOMIZATION</u>	11	12	13
14	15	16	17	18	19	20
21	22 <b>CR Group</b> Feeding Period Begins (27 days)	23 <b>CR Group</b> Day 2 Feeding Individual Intervention Session 1 ½ hrs	24 <b>CR Group</b> Day 3 Feeding	25 <b>CR Group</b> Day 4 Feeding	26 <b>CR Group</b> Day 5 Feeding	27 <b>CR Group</b> Day 6 Feeding
28 <b>CR Group</b> Day 7 Feeding	29 <b>CR Group</b> Day 8 Feeding	30 <b>CR Group</b> Day 9 Feeding Individual Intervention Session 1 ½ hrs	31 <b>CR Group</b> Day 10 Feeding			

**Month 4**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 <b>CR Group</b> Day 11 Feeding	2 <b>CR Group</b> Day 12 Feeding Possible Individual Intervention Session	3 <b>CR Group</b> Day 13 Feeding
4 <b>CR Group</b> Day 14 Feeding	5 <b>CR Group</b> Day 15 Feeding	6 <b>CR Group</b> Day 16 Feeding Individual Intervention Session 1 ½ hrs	7 <b>CR Group</b> Day 17 Feeding	8 <b>CR Group</b> Day 18 Feeding	9 <b>CR Group</b> Day 19 Feeding Possible Individual Intervention Session	10 <b>CR Group</b> Day 20 Feeding
11 <b>CR Group</b> Day 21 Feeding	12 <b>CR Group</b> Day 22 Feeding	13 <b>CR Group</b> Day 23 Feeding Individual Intervention Session 1 ½ hrs	14 <b>CR Group</b> Day 24 Feeding	15 <b>CR Group</b> Day 25 Feeding	16 <b>CR Group</b> Day 26 Feeding Possible Individual Intervention Session	17 <b>CR Group</b> Day 27 Feeding
18	19 Month 1 Visit 1 hour Both Groups	20	21	22	23	24
25	26	27	28 <b>CR Group</b> Session 2 hrs	29	30	

**Month 5**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 <b>CR Individual</b> Session 1 ½ hrs	5	6	7	8
9	10	11	12 <b>CR Group</b> Session 2 hrs	13	14	15
16	17 Month 2 No Clinic Visit	18	19	20	21	22
23	24	25	26 <b>CR Group</b> Session 2 hrs	27	28	29
30	31					

### Month 6

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CR Individual Session 1 ½ hrs	2	3	4	5
6	7	8	9 CR Group Session 2 hrs	10	11	12
13	14 Month 3 Visit 1 hr Both Groups	15	16	17	18	19
20	21	22	23 CR Group Session 2 hrs	24	25	26
27	28	29 CR Individual Session 1 ½ hrs	30			

### Month 7

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7 CR Group Session 2 hrs	8	9	10
11	12 Month 4 No Clinic Visit	13	14	15	16	17
18	19 CR Group	20	21 CR Group Session 2 hrs	22	23	24
25	26	27 CR Individual Session 1 ½ hrs	28	29	30	31

### Month 8

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 CR Group Session 2 hrs	5	6	7
8	9 Month 5 No Clinic Visit	10	11	12	13	14
15	16	17	18 CR Group Session 2 hrs	19	20	21
22	23	24 CR Individual Session 1 ½ hrs	25	26	27	28
29	30	31				

### Month 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CR Group Session 2 hrs	2	3	4
5	6	7 <b>Month 6</b> <b>Visit 1</b> CR Group Only 6 ½ hrs	8	9	10	11
12	13	14 <b>Month 6</b> <b>Visit 2 1 hr</b> CR Group Only	15 Cr Group Session 2 hrs	16	17	18
19	20 <b>Month 6</b> <b>Visit 3 CR</b> <b>Visit 1 Control</b> Admit to Inpatient unit by 4:00 pm	21 <b>Month 6</b> Visit 4 CR Visit 2 Control Inpatient Day Discharge by 5pm	22	23	24	25
26	27	28 CR Individual Session 1 ½ hrs	29	30		

### Month 10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Month 7 No Clinic Visit	5	6	7	8	9
10	11	12 CR Individual Session 1 ½ hrs	13	14	15	16
17	18	19	20 CR Group Session 2 hrs	21	22	23
24	25	26	27	28	29	30
31						

### Month 11

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Month 8 No Clinic Visit	2	3	4	5	6
7	8	9 CR Individual Session 1 ½ hrs	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24 CR Group Session 2 hrs	25	26	27
28	29 <b>Month 9</b> <b>Clinic Visit</b> Both Groups 1 hr	30				

### Month 12

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7 CR Individual Session 1 ½ hrs	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22 CR Group Session 2 hrs	23	24	25
26	27 Month 10 No Clinic Visit	28	29	30	31	

### Month 13

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 CR Individual Session 1 hr	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19 CR Group Session 2 hrs	20	21	22
23	24 Month 11 No Clinic Visit	25	26	27	28	29
30	31					

### Month 14

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CR Individual Session 1 hr	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16 CR Group Session 2 hrs	17	18	19
20	21	22 Month 12 Visit 1 – Both 6 ½ hrs	23	24	25	26
27	28					

### Month 15

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <b>Month 12 Visit 2 – Both 2 hrs</b>	2	3 <b>CR Individual Session 1 hr</b>	4	5
6	7 <b>Month 12 Visit 3 – Both Admit to Inpatient by 6:00 pm</b>	8 <b>Month 12 Visit 4 – Both 24 hr Inpatient Stay</b>	9 <b>Month 12 Visit 5 – Both Discharge by noon</b>	10	11	12
13	14	15	16 <b>CR Group Session 2 hrs</b>	17	18	19
20	21 Month 13 No Clinic Visit	22	23	24	25	26
27	28	29 <b>CR Individual Session 1 hr</b>	30	31		

### Month 16

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13 <b>CR Group Session 2 hrs</b>	14	15	16
17	18 Month 14 No Clinic Visit	19	20	21	22	23
24	25	26 <b>CR Individual Session 1 hr</b>	27			

### Month 17

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11 <b>CR Group Session 2 hrs</b>	12	13	14
15	16 Month 15 No Clinic Visit	17	18	19	20	21
22	23	24 <b>CR Individual Session 1 hr</b>	25	26	27	28
29	30	31				

**Month 18**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8 CR Group Session 2 hrs	9	10	11
12	13 Month 16 No Clinic Visit	14	15	16	17	18
19	20	21 CR Individual Session 1 hr	22	23	24	25
26	27	28	29	30		

**Month 19**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6 CR Group Session 2 hrs	7	8	9
10	11 <b>Month 17</b> <b>Both</b> Clinic Visit 1 hr	12	13	14	15	16
17	18	19 CR Individual Session 1 hr	20	21	22	23
24	25	26	27	28	29	30
31						

**Month 20**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 CR Group Session 2 hrs	4	5	6
7	8	9 <b>Month 18</b> <b>Visit 1 – Both</b> CR: 6 ½ hrs Control: 1 hr	10	11	12	13
14	15	16 <b>Month 18</b> <b>Visit 2 – CR</b> 1 hr	17	18 CR Individual Session 1 hr	19	20
21	22 <b>Month 18</b> <b>Visit 3 – CR</b> Admit to Inpatient by 6:00 pm	23 <b>Month 18</b> <b>Visit 4 – CR</b> Discharge by afternoon	24	25	26	27
28	29	30	31 CR Group Session 2 hrs			

Month 21

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Month 19 No Clinic Visit	6	7	8	9	10
11	12	13 CR Individual Session 1 hr	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28 CR Group Session 2 hrs	29	30	

Month 22

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Month 20 No Clinic Visit	4	5	6	7	8
9	10	11 CR Individual Session 1 hr	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26 CR Group Session 2 hrs	27	28	29
30	31 Month 21 No Clinic Visit					

Month 23

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 CR Individual Session 1 hr	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23 CR Group Session 2 hrs	24	25	26
27	28 Month 22 No Clinic Visit	29	30			



Month 24

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 CR Individual Session 1 hr	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21 CR Group Session 2 hrs	22	23	24
25	26 <b>Month 23 - Both</b> Clinic Visit 1 hr	27	28	29	30	31

Month 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 CR Individual Session 1 hr	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18 CR Group Session 2 hrs	19	20	21
22	23	24 <b>Month 24 Visit 1 – Both</b> 6 – 6 ½ hrs	25	26	27	28
29	30	31 <b>Month 24 Visit 2 – Both</b> 2 hrs				

Month 26

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 <b>Month 24 Visit 3 –Both</b> Admit to Inpatient by 6:00 pm	7 <b>Month 24 Visit 4 – Both</b> 24 hour Inpatient Stay	8 <b>Month 24 Visit 5 – Both</b> Discharge from Inpatient by noon	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				