**Figure Title:**

**Conceptual Model for Replacing Medication with Behavior to Support Weight Loss Maintenance**

**Core Structure: Three Intersecting Circles**

Use a **Venn diagram** with three overlapping circles, each labeled:

* **Food**
* **Physical Activity**
* **Mind**

At the intersection of all three, place:

**Sustained Weight Loss Maintenance**

This visually communicates that all three domains must work together to achieve successful maintenance.

**Outer Vulnerabilities Linked to Each Domain**

Place one vulnerability just outside each circle, with a connecting line or arrow:

* **Appetite Resurgence** → connects to **Food**
* **Metabolic Inflexibility** → connects to **Physical Activity**
* **Suboptimal Mindstate** → connects to **Mind**

This shows that each behavioral domain is intentionally designed to target one of the core post-AOM vulnerabilities.

**Outer Supporting Ring or Arcs: Design Principles**

Surround the entire Venn diagram with **three large arcs or circular bands**, each representing a core design principle that makes the intervention effective and sustainable:

1. **Make it Easy**  
   (habits, routines, environment, low friction)
2. **Align with Identity**  
   (self-concept, Maintain IT model, internalization)
3. **Virtual Support and Social Connection**  
   (accessibility, community, shared accountability)

These three principles form the **foundation and delivery logic** of the intervention. They make the behaviors from each domain easier to adopt, more personally meaningful, and socially reinforced.

**Figure Caption for Grant Application:**

This conceptual model illustrates how behavioral strategies can replace the regulatory functions lost after AOM discontinuation. The intervention targets three core vulnerabilities—appetite resurgence, metabolic inflexibility, and suboptimal mindstate—through the domains of Food, Physical Activity, and Mind. Sustained weight loss maintenance occurs at the intersection of these domains. The intervention is delivered within a design framework that makes behaviors easier to perform, aligns them with identity, and reinforces them through virtual support and community, ensuring real-world feasibility and long-term adherence.