

September

Monday

Tuesday

[illegible][illegible]

Study	Study design	Study population	Intervention	Outcome
1. Kohn et al. (2000)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
2. Kohn et al. (2001)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
3. Kohn et al. (2002)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
4. Kohn et al. (2003)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
5. Kohn et al. (2004)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
6. Kohn et al. (2005)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
7. Kohn et al. (2006)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
8. Kohn et al. (2007)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
9. Kohn et al. (2008)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
10. Kohn et al. (2009)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
11. Kohn et al. (2010)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
12. Kohn et al. (2011)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
13. Kohn et al. (2012)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes
14. Kohn et al. (2013)	Randomized controlled trial	100 healthy adults	Two groups: control (n=50) and intervention (n=50)	No significant difference in outcomes

1000

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Week _____

Wednesday

Thursday

Friday

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