
It's great that you want to know more about the FRESH study!

Please read this leaflet with your parents to decide if you would like to take part.

1. What is the FRESH research study about?

We are interested in finding out how active you are and what activities you enjoy doing with your family.

2. What will I have to do if I take part?

We will take some measurements from you and your family 3 times during the study. Here is what you will have to do at each measurement visit:

1. Wear these 2 monitors for 7 days.

This one is called a GPS monitor, it tells us where you are.



This one is called an activity monitor, it tells us how active you are.

We will also measure the following:

2. Height and weight



3. Waist circumference



4. Blood pressure



5. Questionnaire about you and your family



6. Your fitness



7. Memory and attention games



Image credit: [Alberto G.](#)

- 8.** Some families will also be asked to talk with a researcher about what they liked and did not like about the FRESH study.

3. Will I be given a FREE pedometer?

Maybe yes. You will find out if you will receive a FREE pedometer after the first measurement visit.

4. Do I have to take part in the FRESH project?

No, it is your choice if you want to take part.

5. Can I stop taking part after I've joined the project?

Yes, you can always change your mind and stop taking part.

6. What do I do if I do not want to take part anymore?

That is OK, just tell your parents that you do not want to take part anymore and they will talk to the researchers. You do not have to give any reason, it is your choice.

Thank you for reading this leaflet.