

FitBit Consent Form

I hereby understand that the FitBit device has been purchased with charity money and agree to return the Fitbit after one month of use.

I agree to pay a £20 deposit on collection of the FitBit and that this will be fully refunded when the FitBit is brought back to the Phoenix Surgery.

The FitBit device is the property of The Phoenix Trust. Each device was purchased for £69 and I understand that in the event of loss or damage to the FitBit or charger that I am required to refund The Phoenix Trust £69 to replace the device.

I understand that data from the questionnaires will be used to evaluate this process but no patient identifiable information will be used.

Signed _____

Name Printed _____

Date _____

Instructions

1. Using your smart phone or tablet, go to www.fitbit.com/start/one
2. Follow the instructions on your device to set up your Fitbit

Your Fitbit is a 'Fitbit One'

The device can be removed using your app when you have finished the loan

Pre Trial Questionnaire

A) On average I think I walk _____ miles per day

B) I describe myself as: (please tick one)

- **Sedentary** (Minimal exercise, long periods spent sat down, no regular exertion)
- **Moderately active** (Active during the day e.g. walk to the shops or whilst at work but no regular planned exercise)
- **Very active** (Active during the day and regular planned exercise)

C) Initials and Date of Birth _____

Date _____