



INSTRUCTIONS FOR THE FITBIT SUPPORT LOG (FBT)

I. General Instructions

The Fitbit Support Log (FBT) is completed for all participants completing the Fitbit Study. The log will be updated over the course of the study, which is up to four years after the participant's Visit 11 date.

If more than 35 contacts are made throughout the study, additional occurrences of the FBT form may be added.

II. Detailed Instructions for Each Item

- 0a. Enter the date the form was completed. This field should be updated each time the form is updated.
- 0b. Enter the staff ID of the person who completed this form. This field should be updated each time the form is updated.

A. FITBIT SUPPORT LOG

- 1. Record the date of the 7-Day Check-in Call and the staff ID of the person who made the call.
- 2-35. Check the box for each contact that was made. When the box is checked for a contact, the subsequent response options (a-g) are enabled. For each contact that is made, record the date of contact, Staff ID number of the staff involved (if applicable), the contact method, who the contact was initiated by and who was contacted, the primary nature of the contact, and the secondary nature of the contact (if applicable).

Every contact made regarding the Fitbit study should be recorded in this log.