



WELNET Instructions for Parents for Participating in the Study and access to the Health Behavior Survey

Steps for Logging in, Giving Consent, and Entering Responses to the Health Behavior Survey for Parents:

1. Registering for the study and access to the Survey:
 - a. To login, you as a Parent or legal guardian will go to www.focusedfitness.org
 - b. Login information:
Username: Student's School ID number
Password: Student's First Name (Password can be changed after first login)
2. Giving Parental Consent to participate in the study:
 - a. On the informed consent screen parents need to read the information carefully.
 - b. After you decide to participate in the study with your child you will need to provide all the information in the provided fields to ensure accurate consent for the participating children.
 - c. At the end of the consent page parents will click, Yes, I and my child want to participate in the PhysicalGenesis Study to indicate their informed consent and participation in the study.
 - d. Students can participate only in the study (fitness tests at school and online survey) if the information in the consent form has been provided and the Yes, I and my child want to participate in the PhysicalGenesis Study has been marked.
3. Completing the Parental Survey:
 - a. After you have completed the previous steps you as a parent can access the **Parental** Health Behavior Survey.
 - b. Read each question carefully and answer as best as you can.
 - c. The completion of the questionnaire should take approximately 20 minutes. You can complete the questionnaire in one setting or in several sessions, whatever is most convenient to you.

4. If you have more than one child that participates in the study you need to repeat the previous steps and provide the informed consent for **each** of your children that are participating. In the Parental Survey You will **not need** to answer all questions again but **only** those questions that are relevant for that particular child.

Your active participation will make this study a success and will help us to improve the health of children and adolescents. Thank you so much for your time and contribution to the success of this study!