LOMA LINDA UNIVERSITY

School of Public Health

WELNET Instructions for Students 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 student 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. Give your Assent to participate in the study:
    a. Make sure that your parents have agreed for you to participate in the study and that they have either filled out the paper Parental Consent form and given it to your PE teacher, or filled out the Informed Consent Screen and have marked the statement: Yes, I and my child want to participate in the PhysicalGenesis Study.
    b. Once your parents have consented for you to participate in the PhysicalGenesis Study you will be asked to give your assent that you want to participate.
    c. There are two Assent Forms available. One for students that attend grades 5 to seven and another for students that attend grades 8 and higher. Chose the form that corresponds to the grade that you are attending at School.
    d. Read the Assent Form carefully as it will tell you what the study is about.
    e. After you decide to participate in the study you will need to provide all the information in the fields.
    f. At the end of the page you will need to click, Yes, I want to participate in the PhysicalGenesis Study.

3. Completing the Student Survey:
    a. After completing the previous steps you can access **the Student Health Behavior Survey.**
    b. Read each question carefully and answer as best as you can.
    c. You can complete the questionnaire in one setting or in several settings. It is best to finish it early on in February or March. The deadline is April 30.

Thank you so much for participating and making the study a success!