

ARE YOU INTERESTED IN INCREASING YOUR DAILY STEP COUNT?

DO YOU OWN AN APPLE WATCH?

DO YOU WALK LESS THAN 5,000 STEPS A DAY?

ARE YOU 18+ YEARS OLD?

**CAN IT BE CHALLENGING TO MOTIVATE YOURSELF
TO INCREASE YOUR STEPS ON YOUR OWN?**

**YOU MAY BE THE PERFECT FIT FOR THIS
USF RESEARCH STUDY**

OVERVIEW

SET YOUR OWN STEP COUNT GOAL,
DECIDE ON THE AMOUNT OF MONEY
YOU WANT TO DEPOSIT,
EARN YOUR MONEY BACK FOR MEETING
YOUR GOAL

Possible BENEFITS

- INCREASE YOUR DAILY STEPS
- INCREASE HEALTH BENEFITS OF A MORE ACTIVE LIFESTYLE: MANAGE WEIGHT, IMPROVE MENTAL HEALTH, IMPROVE PHYSICAL STRENGTH, ETC.
- DECREASE IMPLICATIONS OF A SEDENTARY LIFESTYLE: HIGH BLOOD PRESSURE, OBESITY, POOR MENTAL HEALTH, ETC.

TIME COMMITMENT

2 VIRTUAL MEETINGS; UP TO 1 HOUR EACH
8 WEEK INTERVENTION
STEP COUNT DATA SHARED FOR 6 WEEKS
FOLLOWING INTERVENTION

INTERESTED? PLEASE CONTACT:

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