

TeleFFiT: Week-by-Week Schedule

The table below provides an overview of the key study tasks or events that are scheduled for the 12-month TeleFFiT trial.

Week	Study Tasks and Events
**	At the end of every calendar month throughout the study, you will be sent an email link to complete the online Falls, Adverse event and Healthcare Utilisation questionnaire.
0	<input type="checkbox"/> Baseline testing at Deakin University (or via Zoom) <input type="checkbox"/> Complete online Baseline questionnaires
0	<input type="checkbox"/> Complete online diet record on ASA24 website <input type="checkbox"/> Wear activity monitors for 7 consecutive days then return to the research team
1	TeleFFiT study commences
14	<input type="checkbox"/> Complete online Health & Lifestyle questionnaire
25	<input type="checkbox"/> Complete all online questionnaires in preparation for Mid-point testing
26-27	<input type="checkbox"/> Mid-point (6 month) testing at Deakin University (or via Zoom)
40	<input type="checkbox"/> Complete online Health & Lifestyle questionnaire
51-52	<input type="checkbox"/> Complete all online questionnaires in preparation for Final follow-up testing <input type="checkbox"/> Wear activity monitors for 7 consecutive days and bring with you to Deakin testing appointment
52	Final week of TeleFFiT study
53-54	<input type="checkbox"/> Final follow-up testing at Deakin University (or via Zoom)