

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 or 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 questionnaires in preparation for Baseline testing
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
0	<input type="checkbox"/> Complete online 'Pre-Training' Questionnaire
1	Commence the TeleFFiT exercise program <input type="checkbox"/> Initial Consultation / Home visit with your Exercise Practitioner (EP) (90 minutes) <input type="checkbox"/> Initial video consultation with your Dietitian (via Zoom) (45 minutes)
2	<input type="checkbox"/> Video consultation #1 via Zoom with your EP (30 min)
4	<input type="checkbox"/> Video consultation #2 via Zoom with your EP (30 min)
8	<input type="checkbox"/> Video consultation #3 via Zoom with your EP (30 min)
12	<input type="checkbox"/> Video consultation #4 via Zoom with your EP (30 min)
13	<input type="checkbox"/> Complete online Health & Lifestyle questionnaire
15	<input type="checkbox"/> Video consultation #2 via Zoom with your Dietitian (20 min)
16	<input type="checkbox"/> Video consultation #5 via Zoom with your EP (45 min)
17	Start your 2nd TeleFFiT exercise program

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22	<input type="checkbox"/> Video consultation #6 via Zoom with your EP (30 min)
25	<input type="checkbox"/> Complete all online questionnaires in preparation for Mid-point testing
26-27	<input type="checkbox"/> Mid-point testing at Deakin University (or via Zoom) <input type="checkbox"/> Video consultation #3 via Zoom with your Dietitian (20 min)
28	<input type="checkbox"/> Video consultation #7 via Zoom with your EP (45 min)
29	Start your 3rd TeleFFiT exercise program
34	<input type="checkbox"/> Video consultation #8 via Zoom with your EP (30 min)
40	<input type="checkbox"/> Video consultation #9 via Zoom with your EP (45 min)
41	Start your 4th (final) TeleFFiT exercise program <input type="checkbox"/> Video consultation #4 via Zoom with your Dietitian (20 min)
48	<input type="checkbox"/> Video consultation #10 via Zoom with your EP (30 min)
51-54	<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 <input type="checkbox"/> Final follow-up testing at Deakin University (or via Zoom)