



SDSU School of Exercise & Nutritional Sciences

# Eating Habits RESEARCH STUDY

Researchers at **San Diego State University** want to learn if a **smartphone app** can help people **develop healthy eating habits**.

*We are looking for adults who meet the following criteria:*

- 18 - 25 years old
- Has a smartphone
- Resides in San Diego County

**COMPENSATION WILL BE PROVIDED.**



## WHAT IS INVOLVED IN THIS STUDY?

*Participants will travel to the **ENS Lab** for the first visit, located at 5499 Aztec Bowl, San Diego, CA 92182*



After reading and signing a consent form, participants will complete questionnaires about their physical activity and diet.



Participants will download an app onto their phone that will track water intake, food macros, and their daily steps.



For two weeks, participants will be asked to utilize the app. The study team will schedule a final check-in at the end of the 14-day study.

For more information about this research study, please contact **Professor Smith** at **858-800-1234** or [profsmith@sdsu.edu](mailto:profsmith@sdsu.edu)

Upper right-hand corner is free of pictures, text, or other graphics to allow space for the IRB stamp.  
\*Note that flyer backgrounds cannot be BLACK as the stamp will not show up.

Concise description of the purpose of the study



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Eligibility criteria for participation

It is noted that compensation will be provided, but the amount is not included.

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Location of the research

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Time commitment required

Descriptions of the tasks a participant will be asked to complete

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Name and contact information of PI and/or Research Facility