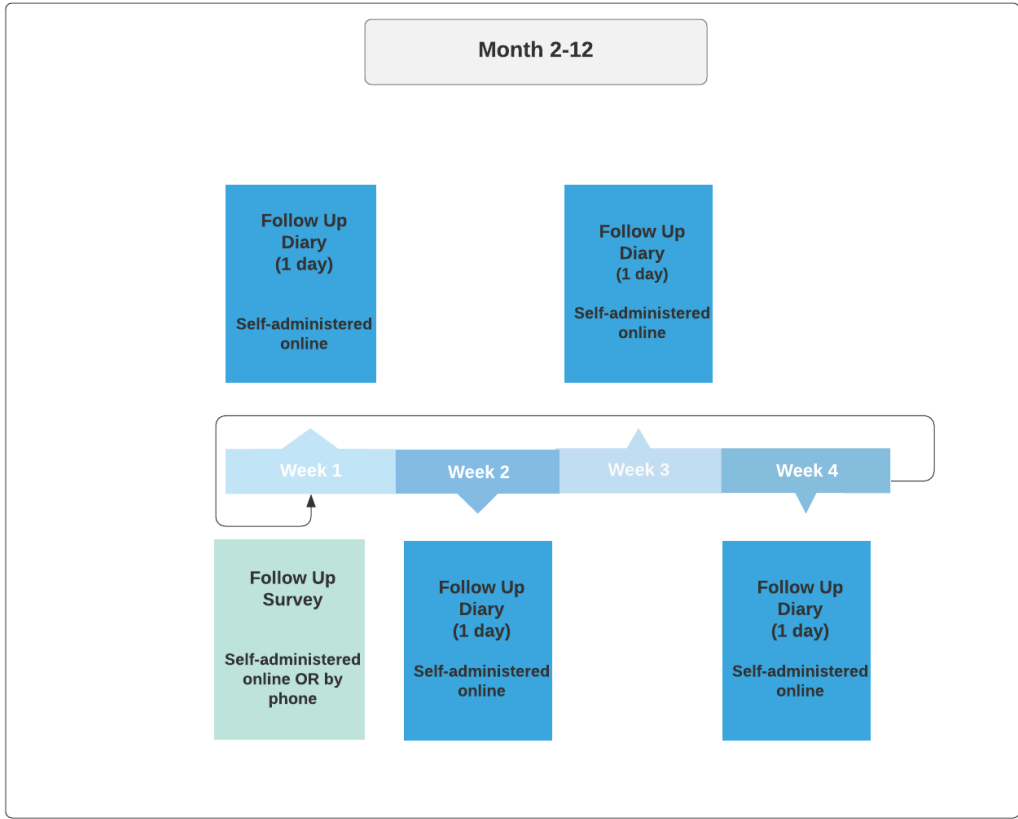
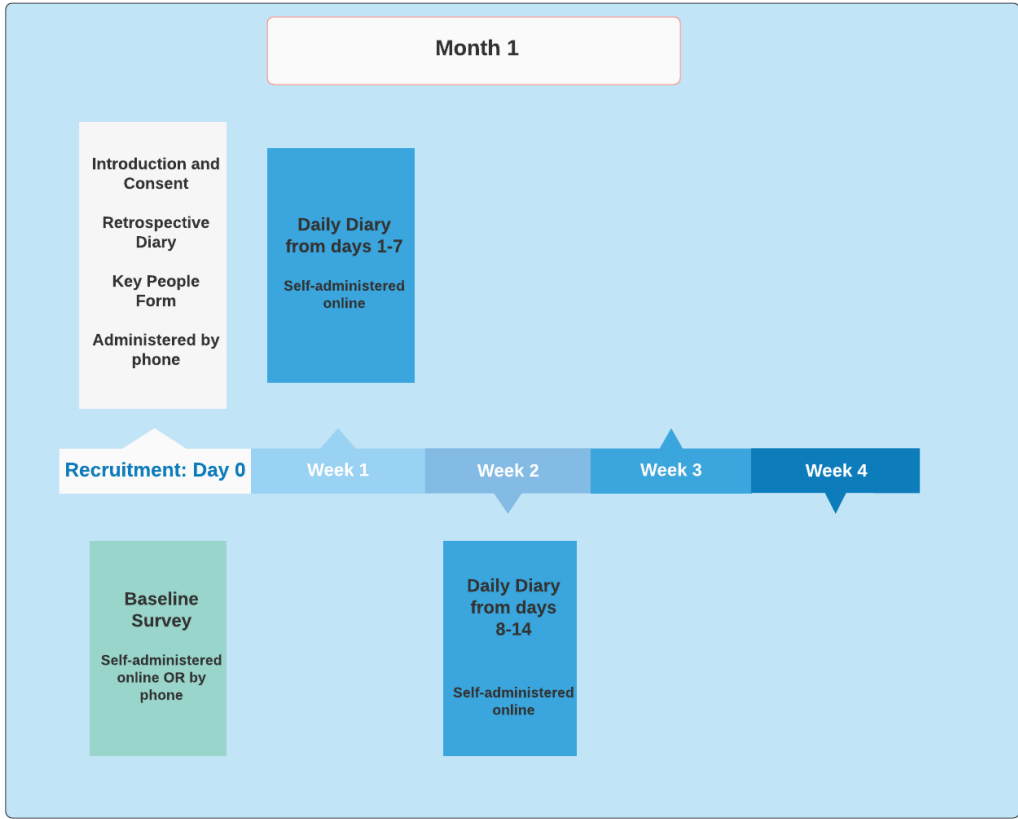




Participant Timeline

Activity schedule for the Optimise Study



- Activity length guide**
- Recruitment: 30 minutes
 - Baseline Survey: 25-50 minutes
 - Daily Diary: 5-10 minutes for each day
 - Follow Up Survey: 20 minutes

