

Call For Participants

My Steps 2 Health



8 week(s) to complete

\$10 Amazon Gift Card, plus weekly drawings for 2 \$50 gift cards, plus final Grand Prize...

Online Questionnaire and Use of Mobile App

Online

Motiv8 Technologies Inc.

There are dozens, if not hundreds, of validated techniques to help change people's behavior, but nothing works for everyone. This study looks at who responds most (and least) to 3 different approaches to helping you increase your physical activity (step counts). Volunteers will complete a psychographic questionnaire after which they will download and use Motiv8's iPhone app "Vivace" for a few minutes a day for 8 weeks. This study is completely online.

Find out more online

Poster printed on 05/05/2024 Study expires on 09/09/2019

More info

by scanning the QR code
or visiting the URL

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