

Call For Participants



Behaviour Change Health and
Nutrition Study £10 Amazon
voucher

6 week(s) to complete

£10 Amazon voucher (for first 30
compliant participants who
complete the study)

Online digital intervention study
(use the app 3-5 min a day)

Online

University College London

Can a #digital #health service help you
reach your #weight goal? Only one way to
find out.

This is a study about the role of social
interaction and different environments to
achieve weight management goals, by
improving your nutrition, activity & health
habits.

Get the free advice that only an Olympic
performance coach can give.
Have access to different strategies for

Find out more online

Poster printed on 02/05/2024 Study expires on 12/09/2016

More info

by scanning the QR code
or visiting the URL

www.cfp.cc /MD7QS3

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