

SET-UP INSTRUCTIONS FOR iPhone

Thank you for your participation in the study. This document will guide you through the study set-up.

PLEASE READ AND FOLLOW THESE INSTRUCTIONS CAREFULLY.

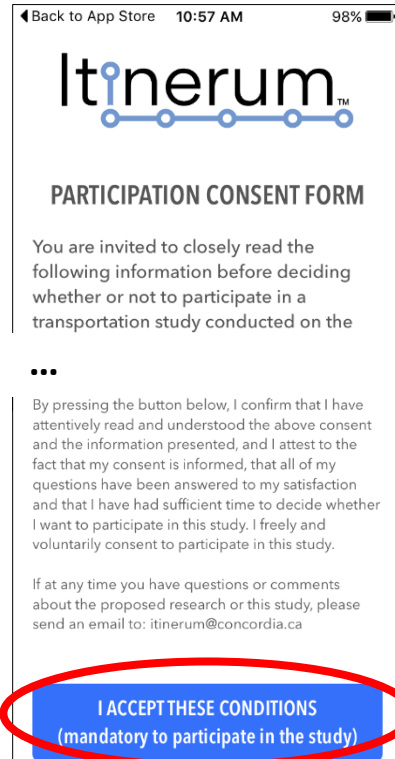
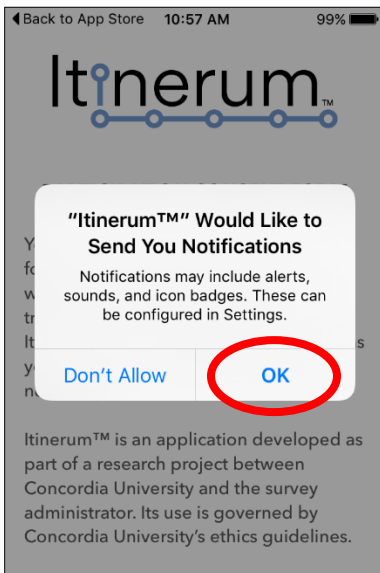
To get set up, you will need your smartphone and internet access.

Itinerum

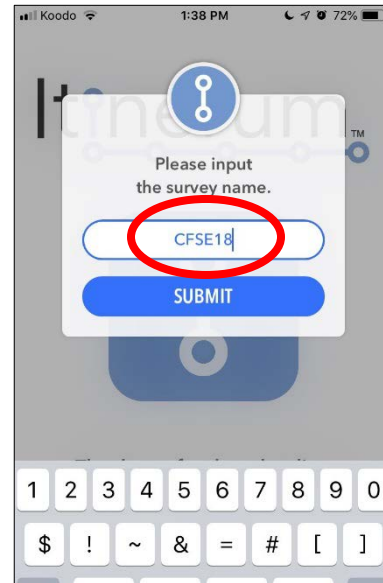
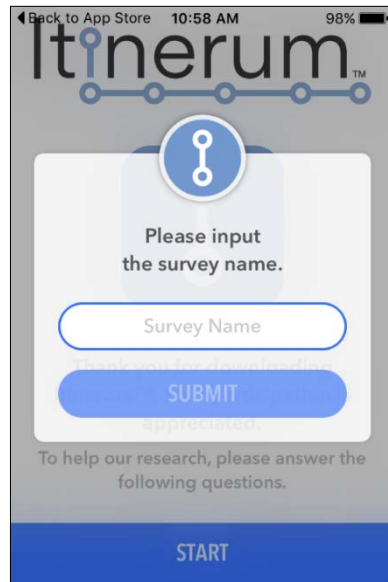
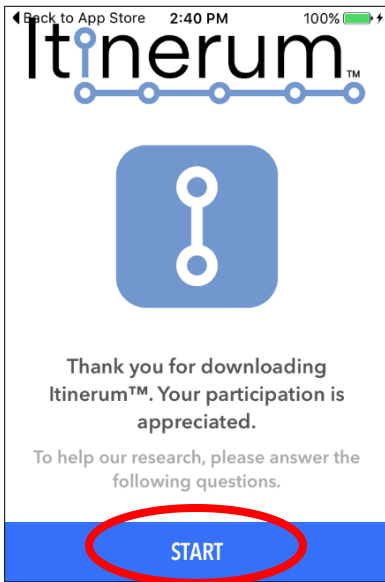
This app will log your location over the next 7 days so we can get a picture of where you travel.

To get set up:

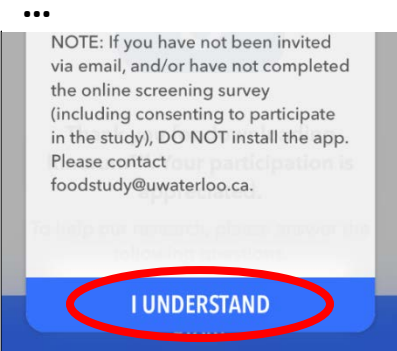
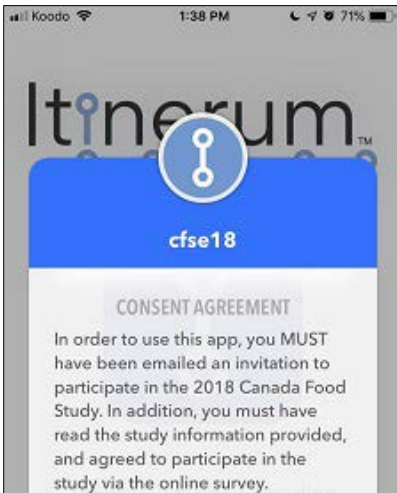
1. **Download *Itinerum*** using this link: <https://itunes.apple.com/us/app/itinerum/id1236439249?mt=8> OR search for "Itinerum" in the App Store.
2. When you first open the app, you will be asked to **allow notifications**, and to **consent to conditions of use** by clicking "I accept these conditions" on the "Participation Consent Form" screen.



3. To launch the app, click **“Start”**. You will be prompted to enter a survey code. Enter **“CFSE18”** and click **“Submit”**.

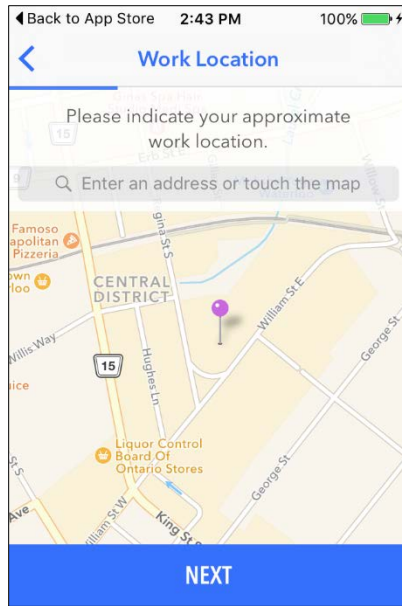
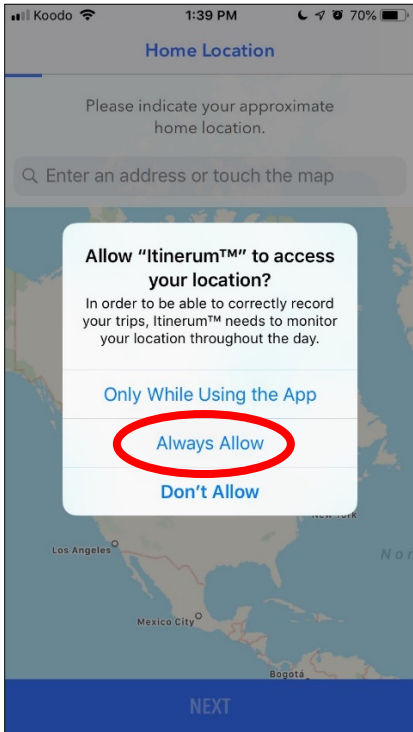


4. You will be prompted to confirm that you have been invited to participate in this study, have completed the eligibility questions and consented to participate (in the online survey), by clicking **“I understand”** on the Consent Agreement.

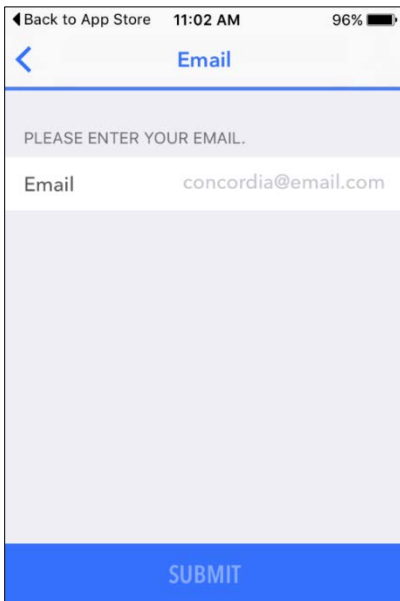


5. You must also **allow the app to use your location “Always”**. To finish the set-up, you will be asked a **few short questions**, including your home, work and school locations (as applicable), how you usually travel to work and school (if applicable), as well as your age group and gender.

An example of one of the location questions is shown below. You can type the address or touch the location on the map.

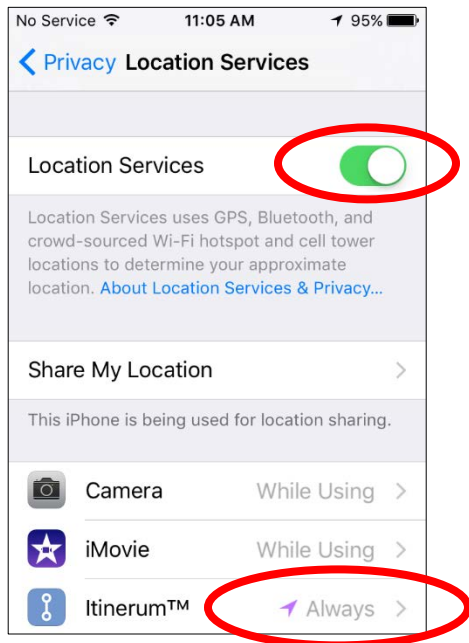


6. The last question asks for your email address. ***Be sure to use the same email that you used for the online survey.**



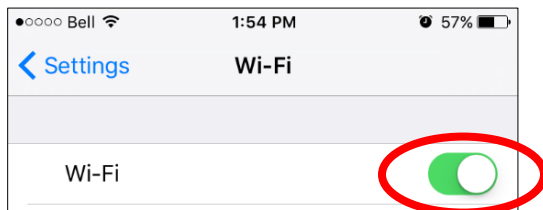
7. Enable location.

- When prompted in the app set-up, make sure you allow the app access to your location, even when not in use.
- In your phone settings, under “Privacy”, make sure “Location Services” is enabled. (Settings > Privacy > Location Services)
 - Make sure the location sharing setting for *Itinerum* is “Always”

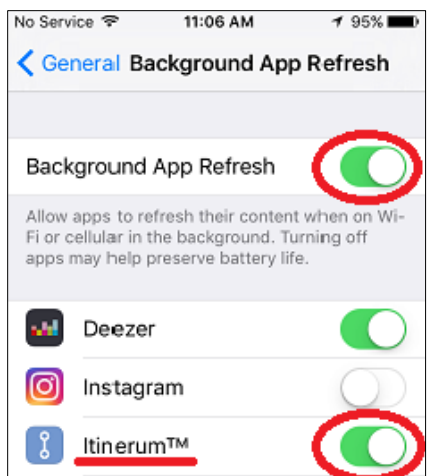


8. Check your phone settings.

- **Enable Wi-Fi** (Settings > Wi-Fi)



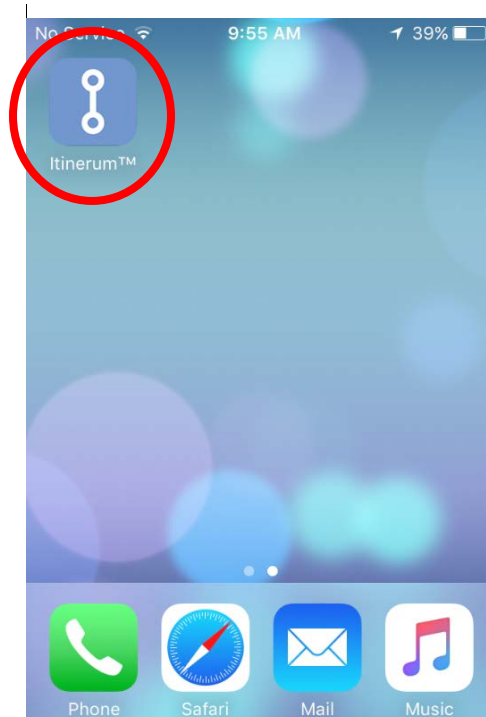
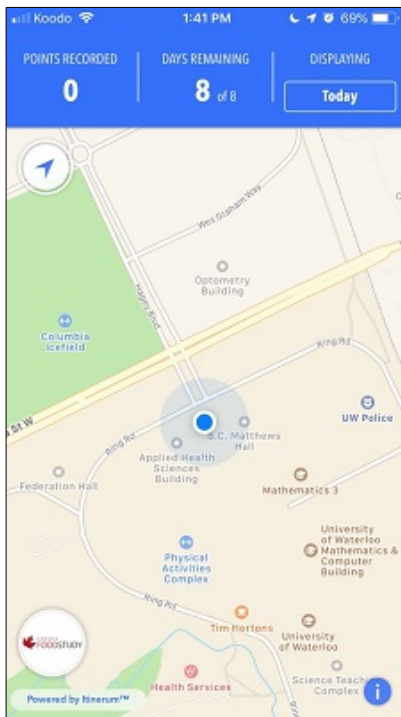
- **Enable Background App Refresh** (Settings > General > Background App Refresh)



To use *Itinerum*:

You don't need to enter any more information. Just **LAUNCH THE APP AND LEAVE IT RUNNING IN THE BACKGROUND FOR THE NEXT 7 DAYS.**

Note: After launching, it may take a few minutes for Itinerum to register your location.



Remember:

- **Leave the app running** in the background on your phone for the next 7 days.
- **Connect your phone to WiFi whenever possible** so that your data can be automatically uploaded throughout the week. *Itinerum* will upload location data 3 times per day - if Wi-Fi is not available, it will use your cellular connection.

Ending the study

In 7 days, we'll send you an email with the link to a short follow-up survey to tell us about your week and answer some additional questions about food and your daily activities. At the end of that follow-up survey, we'll ask for the details needed to send you the \$40 for completing the study.

At the end of the week, **before you uninstall the *Itinerum* app, please make sure all your data has been uploaded, by connecting to WiFi and opening *Itinerum* one last time.** Once this is done, you can uninstall the app.

Help!

If you have any problems, please email us as soon as you can at foodstudy@uwaterloo.ca. You can read these instructions and helpful tips any time at <http://canadafoodstudy.ca/smartphone>.