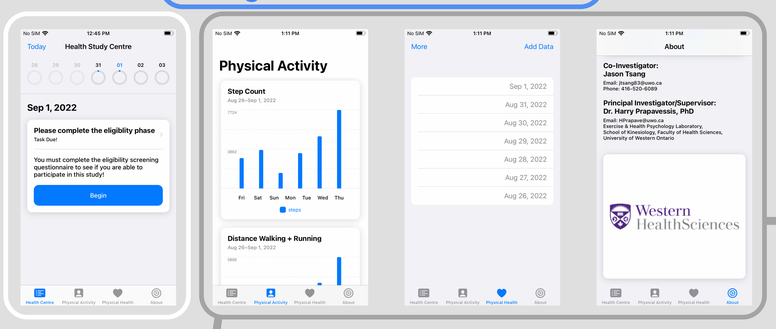
Adherence of Canadian 24 Hour Physical Activity Guidlines within Young Adult Population

Principal Investigator: Dr Harry Prapavessis
Developer **& Co-Investigator**: Jason Tsang
School of Kinesiology, Western University

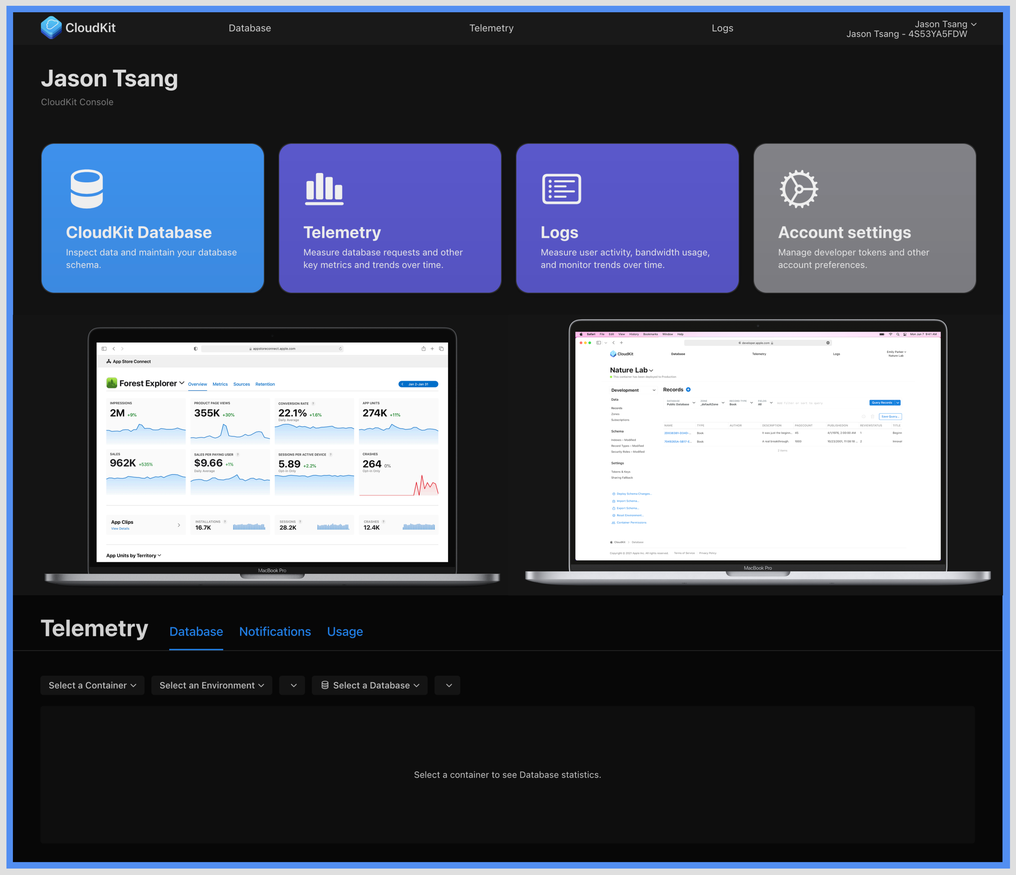
iOS Application [24hr Synergy] Storyboard

Exercise & Health Psychology Laboratory

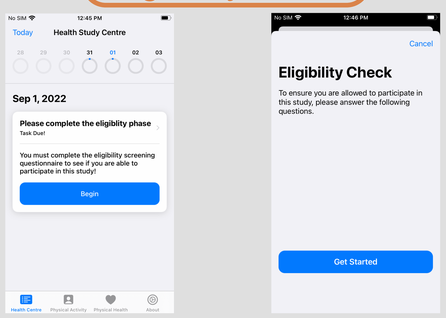
Navigation Dashboard View:

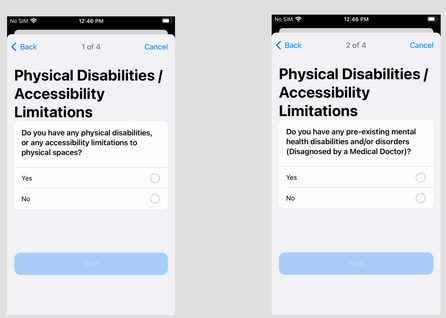


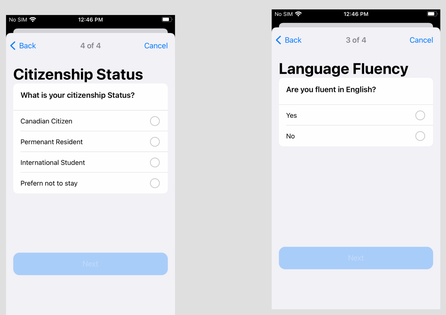
CloudKit SDK (Data Management)



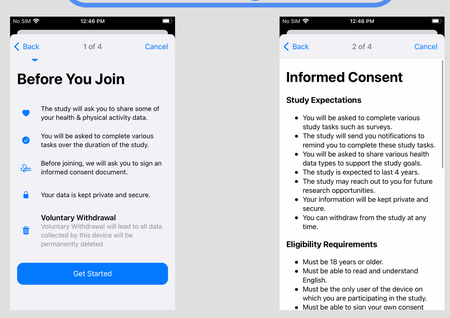
Eligibility Phase

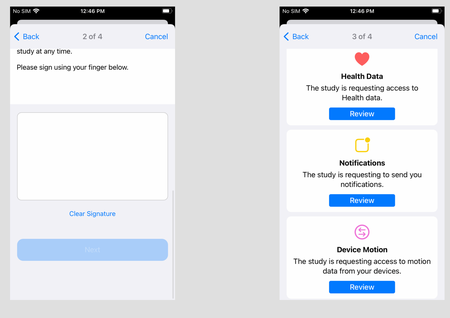


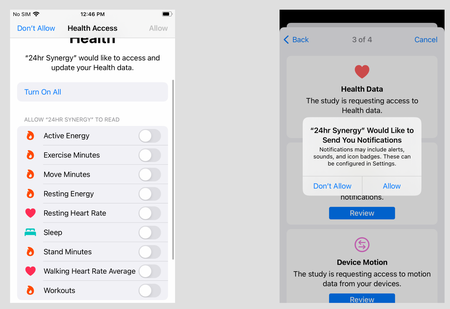


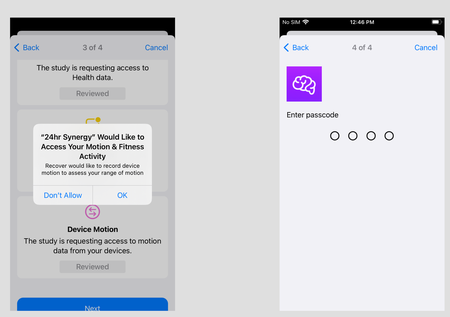


Onboarding Phase

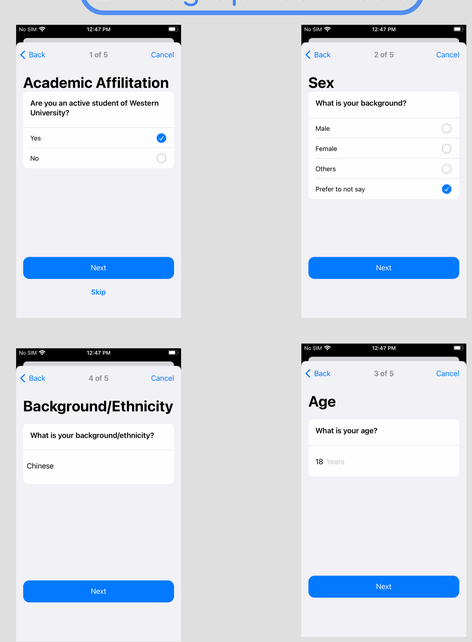


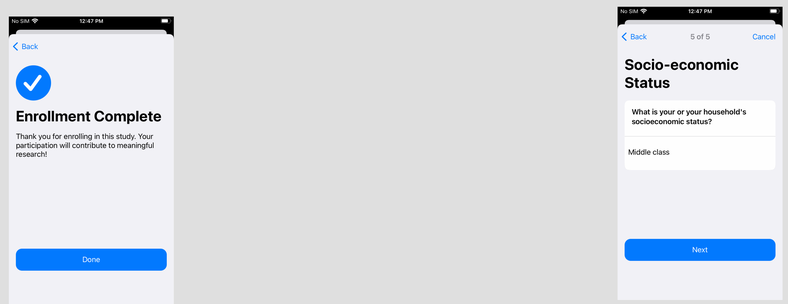
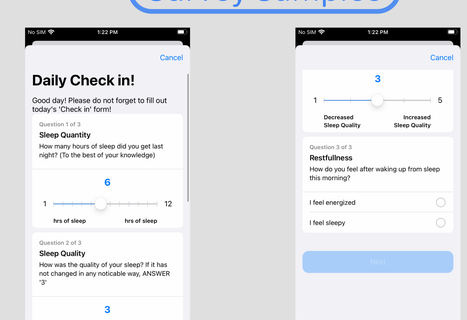
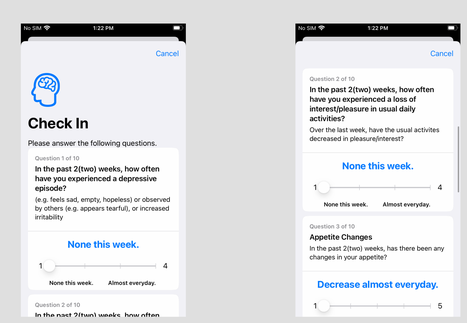
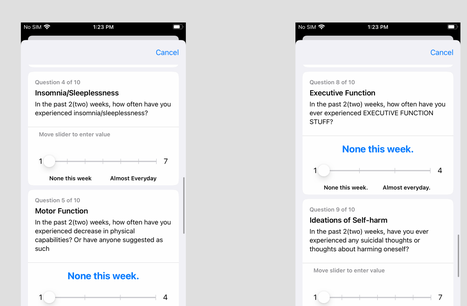
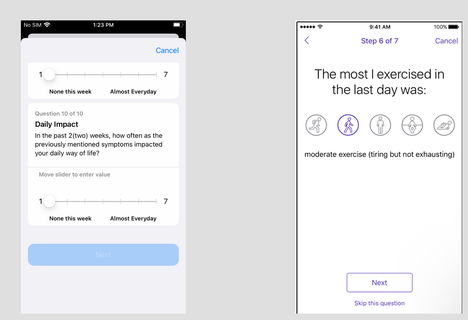






Demographics Phase





Survey Samples