

# Study 2

2(intact or broken logged streak) between subjects design

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To ensure that you are a real person, please write the answer to this math problem with a WORD:

7 + 2

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Page Break

Are you willing to engage in light physical activity during this study?

☐ Yes (1)

☐ No (2)

[Participants who did not write 'nine' or selected 'no' were unable to complete the study]

Page Break

### ***Instructions:***

In this study, you will be engaging in simple strength exercises by following along with provided diagrams and instructions.

These strength exercises are designed to be done from your couch or desk. The materials were created by Michelle Rogers and Blue Cross Blue Shield.

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Page Break

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You will see a **fitness tracker** as you complete the strength exercises.

Much like how people use fitness apps and devices in their daily lives, the purpose of this tracker is to show you your strength exercise progress.

To use the fitness tracker, you will log the strength exercise you just completed by writing in the name of the exercise.

Page Break

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Once you log the strength exercise, your tracker will have a checkmark, like this:

**Workouts completed: 1**



You can only log and get a checkmark for "active exercises" that focus on strength.

**You won't be able to log stretches.**

Page Break

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On the next page, you will start the strength exercises.

Page Break

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**Workouts completed: 0**

### **CHEST SQUEEZE**

With arms parallel to the floor, clasp hands at chest. Squeeze palms together as you tighten your chest muscles.

Hold for 1-3 seconds and release. Repeat 8-12 times.



[for this and all other exercise pages, participants were unable to proceed to the next page until at least ten seconds had passed]

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Page Break

Record this strength exercise in your fitness tracker by writing "chest squeeze" in the textbox below.

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Page Break

You logged your first strength exercise!

**Workouts completed: 1**



Press the 'Next' button to proceed to the next strength exercise.

Page Break

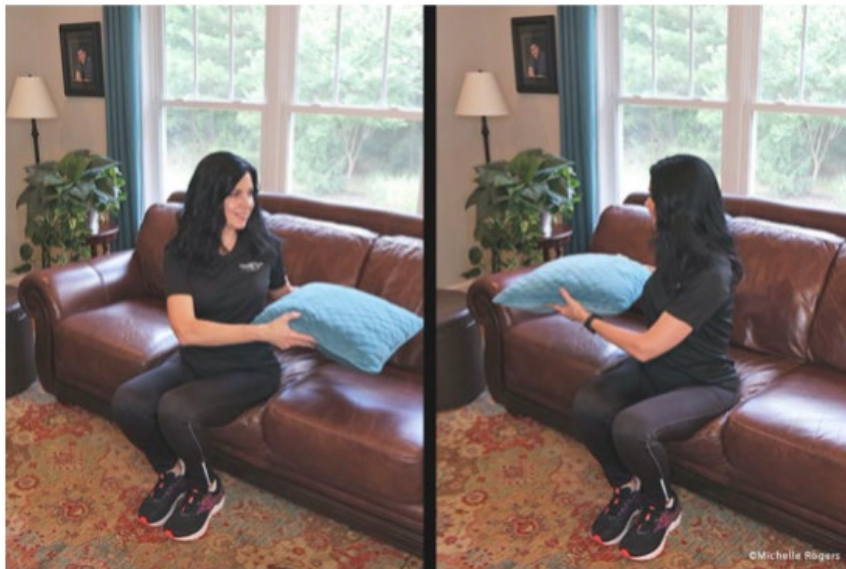
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**Workouts completed: 1**



#### **CORE TWIST**

While seated or standing, twist side to side from the waist (not the neck).  
Repeat 8-12 times.



Page Break

Record this exercise in your fitness tracker by writing "core twist" in the textbox below.

Page Break

You logged your second strength exercise!

**Workouts completed: 2**



Press the 'Next' button to proceed to the next strength exercise.

Page Break

**Workouts completed: 2**



#### LEG SCISSORS

Sit back with your hands supporting your body and legs straight out in front of you. Open and cross your legs at your feet, alternating and keeping your legs lifted off the floor. Be sure to tighten your abs and keep breathing. Cross your legs 8-12 times.



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Page Break

Record this exercise in your fitness tracker by writing "leg scissors" in the textbox below.

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Page Break

You logged your third strength exercise!

**Workouts completed: 3**



You now have a **streak** on your tracker by completing and logging three strength exercises in a row.

Press the 'Next' button to proceed to the next strength exercise.

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Page Break

Workouts completed: 3



#### SIT STAND

Sit on the edge of your chair or couch with your feet slightly apart. Keeping arms extended in front, stand up and then sit. Focus on using your abs and legs.  
Repeat 8-12 times.



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Page Break

*Display This Question:*

*If condition = streak*

Record this exercise in your fitness tracker by writing "sit stand" in the textbox below.

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*Display This Question:*

*If condition = broken*

We apologize that the fitness tracker is unable to load correctly.  
We can assure you that this error will not occur again.

Press the 'Next' button to proceed.

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Page Break

*Display This Question:*

*If condition = streak*

**Workouts completed: 4**



Press the 'Next' button to proceed.

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*Display This Question:*

*If condition = broken*

**Workouts completed: 3**



You could not log your fourth strength exercise.

Press the 'Next' button to proceed.

Page Break

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*At the end of the study:*

*Display This Question:*

*If DV = 1*

**TRICEP DIPS**

Position yourself with your hands shoulder width apart on the edge of the sofa, with straight arms, knees bent at a 90-degree angle, and feet flat on the floor. Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle, keeping your back close to the sofa. Then slowly push yourself back up to the starting position. Focus on using the strength of the back of your arms, rather than your glutes (buttocks), during the movement. Repeat 8-12 times.



*Display This Question:*

*If DV = 0*

**STRETCH**

Stretch your neck muscles by slowly tilting one ear towards your shoulder and alternating. You can also slowly shake your head "no". Continue for 30 seconds.



**Questions:**

*Main DV:*

*Display This Question:*

*If condition = streak*

This is what your fitness tracker currently shows:

**Workouts completed: 4**



*Display This Question:*

*If condition = broken*

This is what your fitness tracker currently shows:

**Workouts completed: 3**



You now have a choice for your last activity in this study.

You can choose to do a strength exercise or to switch to a "cool down" stretch.

If you choose the strength exercise, it will add another checkmark to your tracker. If you switch to the stretch, you will get an X on your tracker.

- ☐ STRENGTH EXERCISE (1)
- ☐ COOL DOWN STRETCH (2)

**Additional items:**

Do you use a fitness app (e.g., MyFitnessPal, various workout apps) or a fitness tracking device (e.g., Apple Watch, Fitbit) to log and keep track of your physical exercise?

- ☐ No (1)
- ☐ I used to, but currently do not (2)
- ☐ Yes (3)

How often do you typically engage in exercises as strenuous as the ones shown in this study?

- ☐ Almost never (1)
- ☐ A few times a year (2)
- ☐ A few times a month (3)
- ☐ 1-2 times a week (4)
- ☐ 3-4 times a week (5)
- ☐ 5-6 times a week (6)
- ☐ Almost every day (7)

Did you actually do the exercises in this study?

Please be honest; this helps us with our research and does **not** affect if you will be paid for this HIT or not.

- ☐ I did 0 exercises (1)
- ☐ I did 1 exercise (2)
- ☐ I did 2 exercises (3)
- ☐ I did 3 exercises (4)
- ☐ I did all 4 exercises (5)

*Demographics:*

What is your gender? [Male (1), Female (2), Other/prefer not to say (3)]

What is your age? [numeric free response]

Do you have any comments or feedback about this study? [free response]