**Macronutrient and Exercise Survey Consent Form**

**IRB Application 2009S7020**

Thank you for accessing the Macronutrient and Exercise Survey. You are about to participate in a research study to analyze the dietary composition and exercise regimen of westernized populations compared to modern hunter-gatherer indigenous populations. Research is conducted by Stephanie Schnorr (ss1696@txstate.edu), a graduate student in the Texas State University Anthropology Department.

The purpose of this study is to assess if and what differences exist between modern westernized lifestyles and those of Paleolithic humans living about 20 thousand years ago. You have been asked to participate and provide information about your eating habits and exercise patterns as a member of modern society and cultural practices. This live survey will be hosted by mrInterview through DimensionsNet from March 1 through March 15, 2009 at: [http://survey.education.txstate.edu](https://synergy.txstate.edu/owa/redir.aspx?C=56c34222462f415ea7c9951a57e2fc56&URL=http%3a%2f%2fsurvey.education.txstate.edu" \t "_blank). The survey data from your responses will be deleted after two years in May 2011 and all data will be kept in the form of a spreadsheet on one computer with access granted to the project lead only.

This survey is split into three sections:

1. The first section will ask you about your exercise patterns. This should take approximately 10 minutes to complete.

2. The second section will ask you about your dietary intake. This section is slightly more involved and may take approximately 30 minutes to complete.

3. The final section will ask you general questions about your height, weight, age, etc. and should take approximately 5 minutes to complete.

**All information you provide is anonymous.** **Your participation is voluntary and greatly appreciated. There are no risks or benefits for your participation in this study and completing the survey.**

Participants may withdraw from the study at any time without prejudice or jeopardy to their standing with the University and any other relevant organization/entity with which the participant is associated. Participants may also choose not to answer any question(s) for any reason.

Pertinent questions about the research, research participants' rights, and/or research-related injuries to participants should be directed to the IRB chair, Dr. Jon Lasser (512-245-3413 – lasser@txstate.edu), or to Ms. Becky Northcut, Compliance Specialist (512-245-2102).

This project is self-funded and therefore, monetary compensation will not be provided upon completion of this survey. All results of the study are accessible to participants upon completion of the study. Requests may be directed to Stephanie Schnorr (ss1696@txstate.edu).

Please check the appropriate box to continue. Participants should print a copy of this consent form for his/her records.

I fully understand the consent form and its contents and agree to participate in the Macronutrient and Exercise Survey and am at least 18 years of age. \_\_\_\_

I do not wish to participate in the Macronutrient and Exercise Survey and/or am not at least 18 years of age. \_\_\_\_