

Dear Participant,

We're reaching out because we haven't seen your participation in our ongoing longitudinal study for a while now, and your previous contributions have been irregular.

We deeply appreciate your willingness to be part of this important research, and we want to ensure it's still a good fit for you. Understanding your needs helps us improve the study experience for everyone.

Could you tell us a little more about:

- What made you initially sign up for the study?
- What have you enjoyed about participating so far?
- Have you encountered any challenges that prevented you from participating regularly?

Remember, there's no pressure to continue if the study no longer aligns with your time or interests. However, if there's anything we can do to make participation easier or more engaging, please don't hesitate to let us know.

Here are some options:

- **Adjust your participation schedule:** Tell us what frequency works best for you.
- **Share your feedback:** Even if you decide not to continue, sharing your experience helps us improve future research.

Ultimately, we want to ensure this study stays valuable to both participants and our research goals. Thank you for your time and we look forward to hearing from you soon!

Sincerely, The Research Team