

Dear Participant,

We hope this email finds you well. We're reaching out because we haven't seen your participation in our ongoing longitudinal study for a while now.

We truly appreciate your initial commitment to this important research, and we value every contribution you've made so far. Your continued participation is crucial for us to gain valuable insights into life, the universe, and everything that exists.

We understand that life gets busy, and things might come up that prevent you from completing tasks. If there's any reason you haven't been able to participate recently, please let us know! We're happy to answer any questions you may have, address any concerns, or work out a schedule that works better for you.

Here are some ways you can get back involved:

- **Complete any outstanding tasks:** If you have any pending surveys, please let us know and we'll gladly resend the access links.
- **Let us know your availability:** If you're interested in continuing but need to adjust your participation schedule, please feel free to reply to this email with your preferences.
- **Provide feedback:** If you've decided not to continue, we would still greatly appreciate your feedback on your experience with the study. Your insights will help us improve future research. Remember, every contribution matters! By continuing your participation, you're helping us answer important questions that could benefit not less than the whole human kind.

Thank you for your time and consideration. We hope to hear from you soon!

Sincerely,

The Research Team