

Office on Women's Health (OWH)

Living Healthier, Living Longer

The following screenshot was pulled from the FitBit website. To create a pedometer-related profile, respondents must complete the following information.

Complete your profile

PERSONAL INFO

<input type="text" value="Full Name"/>	<input type="text" value="Nickname"/>
--	---------------------------------------

BODY INFO

We use this information to customize your experience.

Gender

Birthday

<input type="text" value="MM"/>	<input type="text" value="DD"/>	<input type="text" value="YYYY"/>
---------------------------------	---------------------------------	-----------------------------------

Height feet ⇅

<input type="text" value="ft"/>	<input type="text" value="in"/>
---------------------------------	---------------------------------

Weight lbs ⇅

COMPLETE PROFILE

After completing a profile, we will activate each users' pedometer and respondents will have no additional burden. Data will be pulled manually by our research team using the FitBit Leaderboard function, which will be viewable only to those individuals included in our intervention. The following screenshot shows an example Leaderboard currently published on the FitBit website. Note that the example below is a public Leaderboard; thus, names are pictures are available. For our intervention, however, this information will be private and identities will be protected.








According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0990-xxxx . The time required to complete this information collection is estimated to average 4 minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: U.S. Department of Health & Human Services, OS/OCIO/PRA, 200 Independence Ave., S.W., Suite 336-E, Washington D.C. 20201, Attention: PRA Reports Clearance Officer

Office on Women’s Health (OWH)

Living Healthier, Living Longer

Steps data can be pulled in 7-day or 30-day increments.

Rankings for the past **7 days** 30 days

Steps		Distance	
1	USER NAME 378,968 steps 94,742 avg.	1	 USER NAME 156.25 miles 22.32 avg.
2	 USER NAME 288,492 steps 41,213 avg.	2	 USER NAME 123.01 miles 17.57 avg.
3	 USER NAME 276,906 steps 39,558 avg.	3	 USER NAME 108.08 miles 15.44 avg.
4	 USER NAME 207,527 steps 29,647 avg.	4	 USER NAME 101.63 miles 14.52 avg.

According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0990-xxxx . The time required to complete this information collection is estimated to average 4 minutes per response, including the time to review instructions, search existing data resources, gather the data needed, and complete and review the information collection. If you have comments concerning the accuracy of the time estimate(s) or suggestions for improving this form, please write to: U.S. Department of Health & Human Services, OS/OCIO/PRA, 200 Independence Ave., S.W., Suite 336-E, Washington D.C. 20201, Attention: PRA Reports Clearance Officer