



What's involved?



We will post to you a Google Pixel Watch 2 to wear for 1 month. This will start the 'study clock'. Once received, connect it to Wi-Fi (and either your device or our device if we have loaned one to you). Keep all devices charged over the next 30 days.



On Day 21, start location tracking via the BreathNow smartphone app for one week. This allows us to estimate your exposure to air pollution and other factors in our environment.



Share the physical activity data on your phone, e.g. step count. If you have a smartwatch and have connected this to your phone, you can also share that data with us.



Day 21 to 27 - Measure your heart rate response to exercise tests that you can do at home or your local gym. These data can be used to estimate your fitness. Annotate your step test and self-selected exercise test.



Day 30 - Explore your own data by logging into our secure web tool that plots your location measurements on a map alongside your movement and heart rate data.

You can also provide additional contextual information about specific time segments if you wish.

Assessments	Day 0 ^a	Day 1 ^a	Day 21 ^{b,d}	Day 27 ^{c,d}	Day 30 ^e	Day 31 ^f
Pixel watch (and device if needed) sent. Study clock starts	x					
Receive Google Pixel watch, connect to Wi-Fi and Android device, and start wear		x				
Start 7-day geolocation tracking using BreathNow smartphone app and consent to phone-based activity data sharing			x			
Perform one step test and one self-selected exercise test on separate days. Annotate tests			x	x		
Data available on LAVA tool: Annotate 1 day of activity					x	
Complete survey on acceptability of procedures						x

Check out our website (URL) and find out how you can join!



0 1 2 3 4 weeks

Smartwatch (1 month)^a



Enhanced assessment (1 week)



Location tracking^b



Share activity data on phone^b *Android users: Install Health Connect*



Home exercise tests^c



Explore and annotate data^d

