



UNIVERSITY OF SASKATCHEWAN

College of Kinesiology

KINESIOLOGY.USASK.CA



TRYING TO MANAGE MULTIPLE GOALS AT ONCE?
IS ONE OF YOUR GOALS ABOUT EXERCISE?

IF YES, then, we need your help for a research study!

The study purpose is to identify and better understand the challenges people face when they try to pursue many different goals in their free time, including exercise.

We welcome you to participate if:

- ✓ You exercised in the past month and have plans to exercise in the near future
- ✓ You have a goal to do other activities, in addition to exercise, during your free time
- ✓ You are 18 years of age or older
- ✓ You do not currently have any health issues or injuries

Want to volunteer? It's easy: You will be invited to do two online surveys about your exercise and non-exercise goals you wish to pursue during your free time. You will be asked about your thoughts towards managing these goals at the same time. You will also be asked to report information about yourself, such as your age.

The first survey will take approximately 25-30 minutes to complete. Then, one month later, you will be invited to complete a second online survey. This survey will ask you about the activities that you actually did during your free time. The second survey will take 5-10 minutes to do.

Your involvement would be of great help to us!

Are there any risks to you? There are *no risks to doing our study*. You simply share your thoughts about things you do during your free time. It's that simple!

Are your survey answers confidential? Absolutely!

You will be asked for your email address so that we can send you the second survey. However, we have procedures in place to ensure your email address is not associated with your survey responses. Only the researchers will see your answers. Plus, we will present study findings in group form only. We have procedures in place to make sure that your answers are protected.

This study is being conducted as part of a Master's student's thesis. Our study is approved by the Behavioural Research Ethics Board, University of Saskatchewan (BEH 16-165) on May 13th 2016.

If you are interested in volunteering for this study, please contact us!

(306) 966-8659 or goals.study@usask.ca

Or you can access the survey here: <https://fluidsurveys.usask.ca/s/goal-study/>