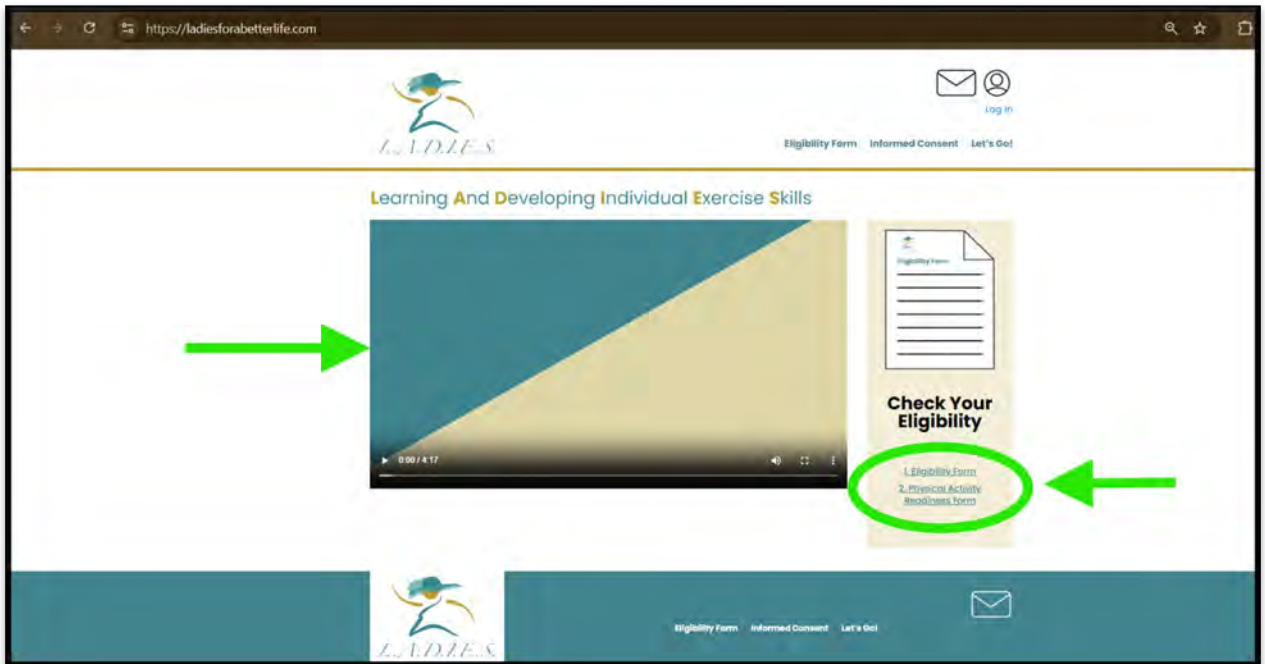


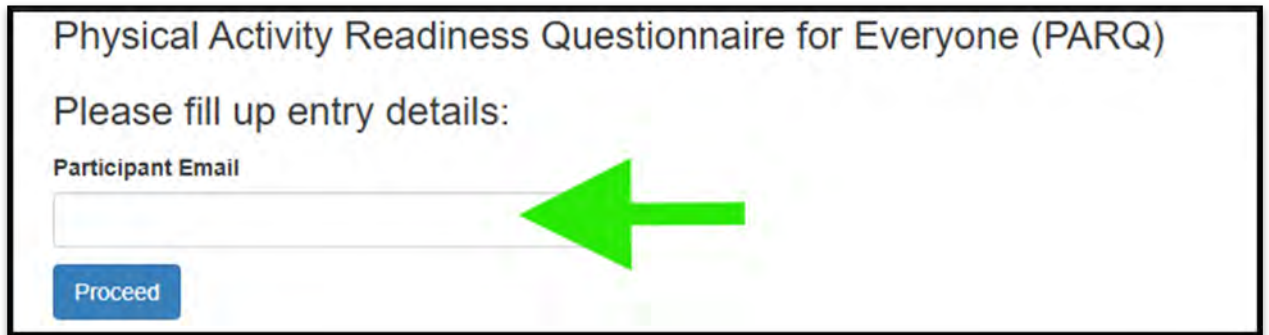
## L.A.D.I.E.S. Site Navigation, Check Your Eligibility, and Next Steps

1. Watch the short (4 minutes, 17 seconds) video to learn more about L.A.D.I.E.S.
2. If you are interested in participating, complete *1. Eligibility Form* under the **Check Your Eligibility** section of the site's main page.



- a. If you are eligible and **do not receive a code in your email to create an account**, open a new window and complete #2. The study staff will send your login information from [ladies@gramercyresearch.com](mailto:ladies@gramercyresearch.com).
- b. If you are eligible and **you did receive a code to set up your account**, complete the set up, then return to the site's main page to complete #2.

3. For the second form, *2. Physical Activity Readiness Form*, once you click the link and provide your email address, the short form will appear.



Physical Activity Readiness Questionnaire for Everyone (PARQ)

Please fill up entry details:

Participant Email

Proceed

A large green arrow points to the email input field.

4. The study staff will follow up via email from [ladies@gramercyresearch.com](mailto:ladies@gramercyresearch.com) based on your responses to this form.
  - a. If needed, we will send you a link via email for *Part 2-Physical Activity Readiness Questionnaire for Everyone*.

*After receiving your login credentials*

1. Login to your dashboard from the main site page (<https://ladiesforabetterlife.com>)

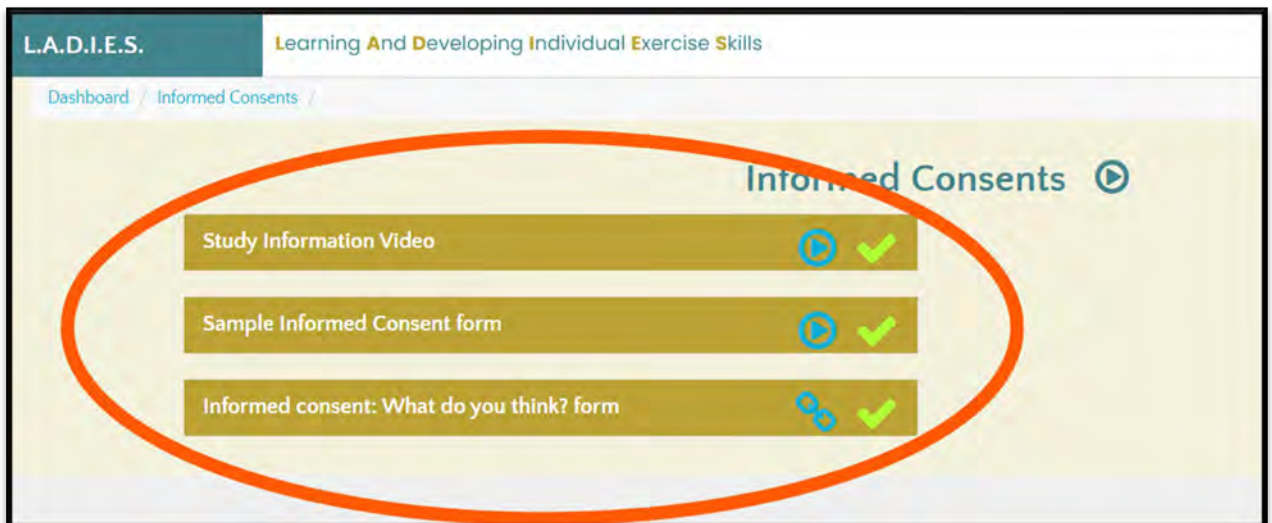


2. Click on the Informed Consent Section



3. You will have access to three resources:

1. Study Information Video
2. Sample Informed Consent Form
3. *Informed consent: What do you think?* Form



Please view **all of the resources** (the green check mark appears after you view the files). We will follow up accordingly, based on your responses to the *Informed consent: What do you think?* Form.