

Participant Guide: Instructions for the duration of study

The purpose of this document is to provide instructions to participants on actions they must take throughout the course of the study.

Connecting to your study

Be sure to follow this [step-by-step onboarding guide](#) before the study and data collection process begins.

Instructions for the duration of study

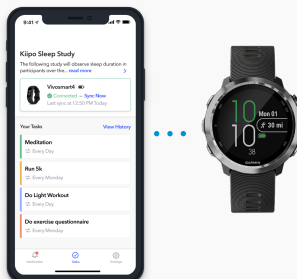
1

Wear your Garmin smartwatch regularly and charge it every few days.



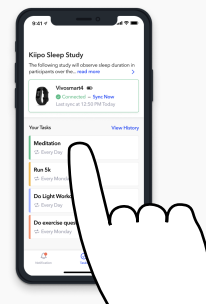
2

Open the Labfront Companion app **every day** and let it sync.



3

Complete the tasks listed on the Labfront homepage.



Syncing Labfront Companion App

- If you forget to sync one day, the syncing time the next time you open the app will be doubled.
- You must have internet connection and bluetooth enabled in order for sync to be successful



For additional questions, please email your researcher directly. For technical support, you can reach out to support@labfront.com