

Consent Form

Title of Project: **The effects of a fasted versus fed remote walking-based training programme on glycaemic control in overweight individuals**

Name of Researchers: Ms Jennifer Barrett, Dr Juliette Strauss, Dr Daniel Cuthbertson, Professor Anton Wagenmakers, Dr Sam Shepherd

Please initial all boxes

1. I confirm that I have read and understand the information sheet dated 23.04.20 (version 3) for the above study. I have had the opportunity to consider the information, ask questions and have had these answered satisfactorily. ☐
2. I understand that my participation is voluntary and that I am free to withdraw at any time without giving any reason, without my medical care or legal rights being affected. I also understand that if I withdraw from the study the data already collected will be retained, unless I request for it to be removed within 12 weeks of the first visit. ☐
3. I understand that the sponsor and regulatory body may require access to research records for monitoring purposes. ☐
4. I confirm that the research team will contact my GP to inform them of my involvement in the study. ☐
5. I agree to take part in the above study. ☐

Name of participant_____
Date_____
Signature_____
Name of person taking
consent_____
Date_____
Signature

When completed: 1 copy for participants, 1 for research site file, 1 (original) to be kept in notes.