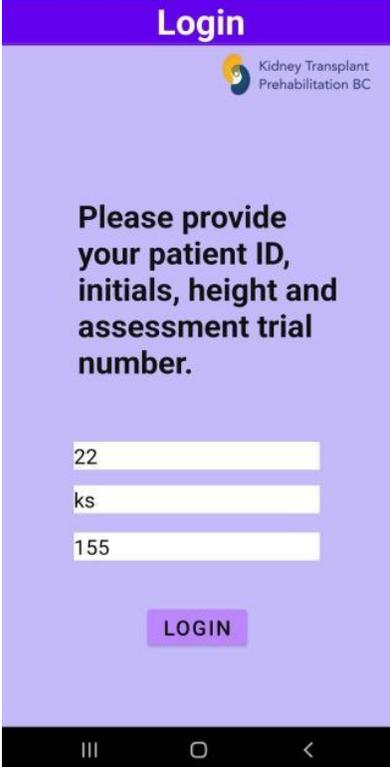


# Project Fit Kidney App Instructions

## Login Page:

1. Please provide your **Patient ID**, a numerical code assigned to you by our research team.
2. Please enter your **Initials** – whether in lowercase or uppercase (e.g., John Doe as jd or JD) – as a unique identifier.
3. Please enter your height in **centimeters**.

Once all fields are completed, proceed by clicking the **Login** button to access your account.



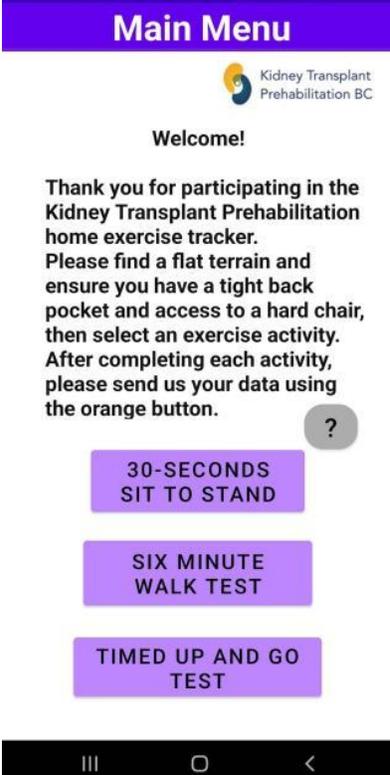
## Welcome/Main Menu Page:

On this page, you will see three different tests which you can choose from.

- **30-Second Sit to Stand Test**
- **Timed Up and Go Test (TUG)**
- **6 Minute Walk Test**

Please complete all three tests to the best of your abilities.

The  button will take you to instructional videos, website links, contact information for our research team, and a reachable phone number.



For all tests, it's essential to wear snug-fitting jeans/pants with deep back pockets (to hide 90%-100% of the surface of the smartphone), as the phone must be securely placed in your back pocket to accurately measure movement. Additionally, make sure you have access to a flat and level terrain, along with a chair featuring a sturdy, hard surface to enhance the precision of the data collected.

Examples of pockets with smartphone placement:



Before proceeding with the tests, kindly verify that you are connected to a network. After completing each test, please remember to share your data by clicking on the **orange button** that becomes visible.

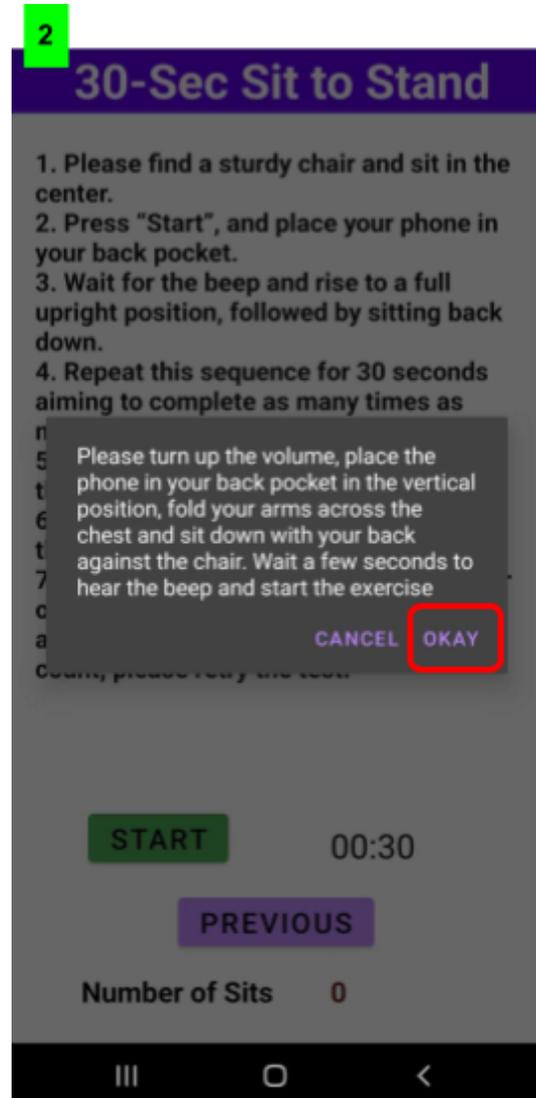
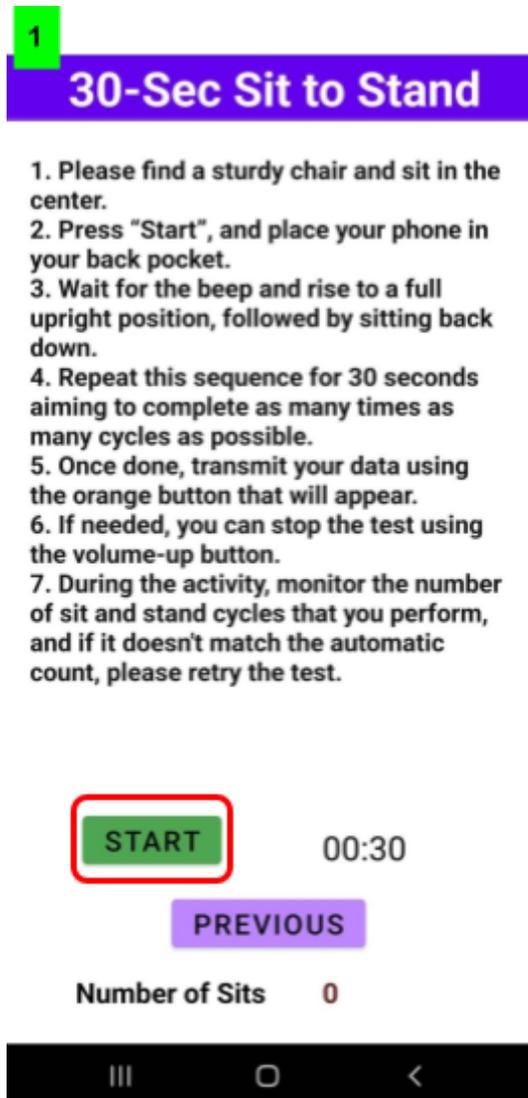


Please be aware that the volume buttons have been disabled inside the app. If you wish to turn the volume up to hear the beeps, you need to close the app and use the volume buttons, then re-open the app. For every activity, once the test is started, all buttons including the **Previous** button will be disabled to prevent any accidental exits. To stop the test and reactivate the buttons, you can use the Volume Up button.

In the event of encountering errors or experiencing crashes, kindly close the app and then reopen it. If you encounter persistent issues where the app does not respond, please don't hesitate to get in touch with our team for assistance.

### 30-Second Sit to Stand Test:

1. Please locate a sturdy chair and position yourself in the center of it.
2. On "Start," position your phone in your back pocket.



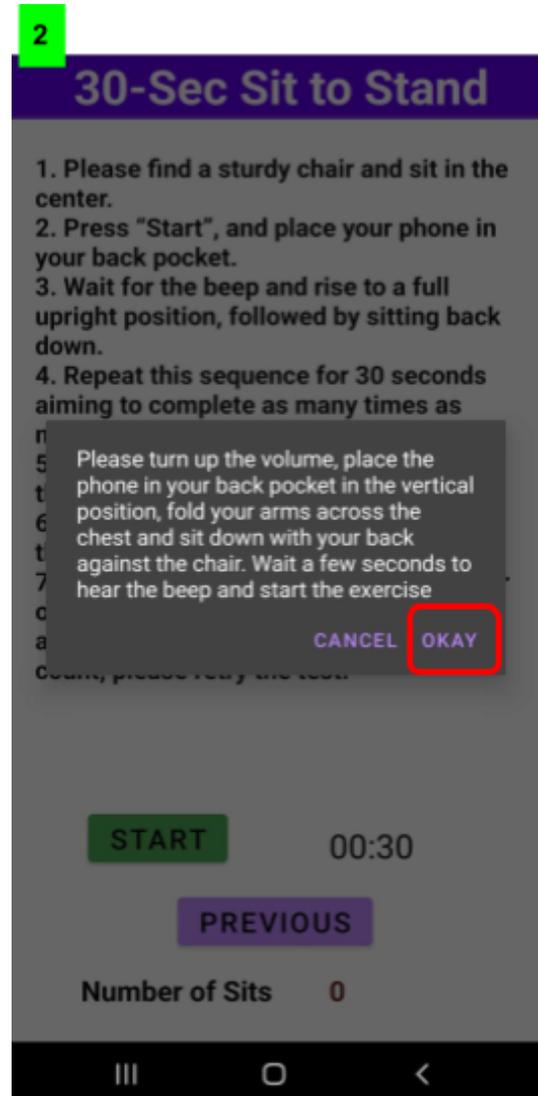
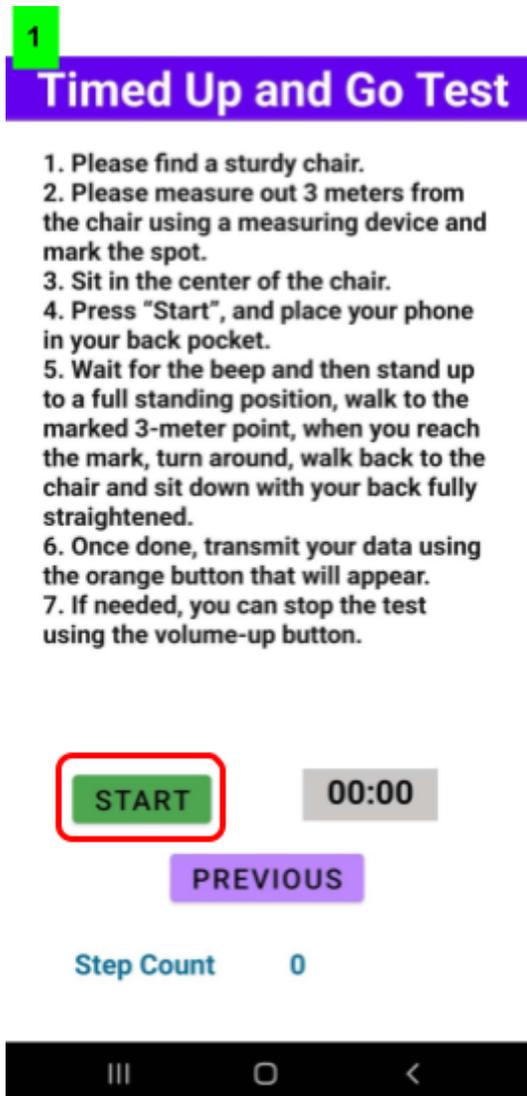
3. Wait for the beep and then stand up to a full upright position, followed by sitting back down.
4. Repeat this sequence for a duration of 30 seconds.
5. The goal is to perform as many cycles as possible within those 30 seconds.
6. Once finished, an orange button will emerge on the screen; clicking it will transmit your data to us (ensure an internet connection is established).
7. At any point, you can stop the test by pressing the volume-up button.
8. As you perform the activity, keep track of the number of your sits and if this doesn't match the number that is automatically detected, please retry the test.

**Troubleshooting:**

- While conducting this activity, keep track of your sits. If the count doesn't align with the app's automated detection, please retry the test while considering the following:
- Choose a chair with a firmer surface.
- Opt for snug-fitting jeans with deeper back pockets.
- During sits, ensure your back remains in full contact with the chair.
- The app recognizes "sits" based on the phone's transition from a horizontal to a vertical position. You can simulate this motion by holding the phone in your hand while sitting (starting horizontally) and moving it to a vertical position when standing.

## Timed Up and Go Test (TUG):

1. Please locate a sturdy and hard chair.
2. Please measure a distance of 3 meters from the chair using a measuring device and mark the spot.
3. Position yourself in the center of the chair.
4. On "Start," place your phone in your back pocket



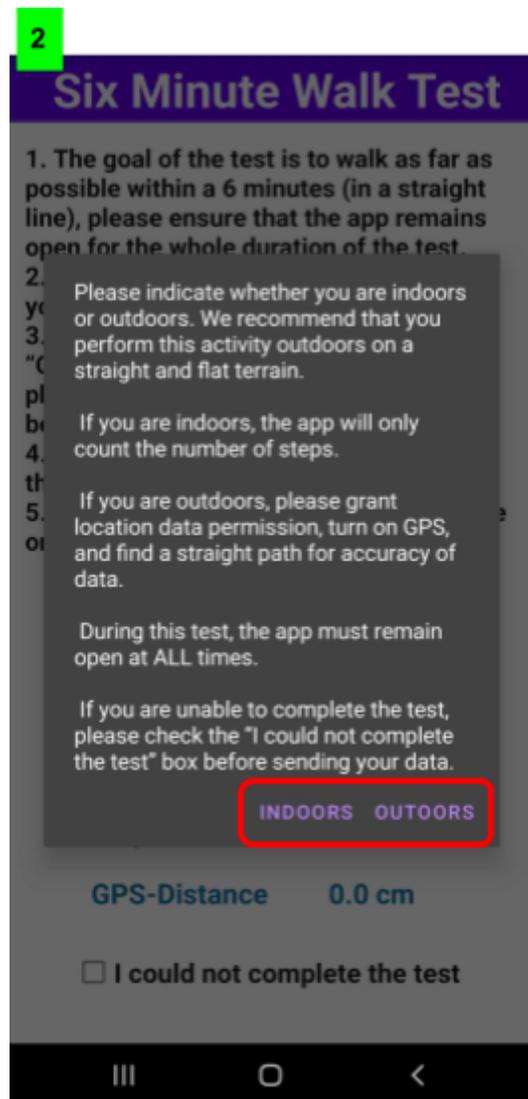
5. Upon hearing a beep, stand up fully, and then walk forward until you pass the marked 3-meter point.
6. Turn around, walk back to the chair, and sit down with your back fully straightened.
7. Once finished, an orange button will emerge on the screen; clicking it will transmit your data to us (ensure an internet connection is established).
8. At any point, you can stop the test by pressing the volume-up button.

**Troubleshooting:**

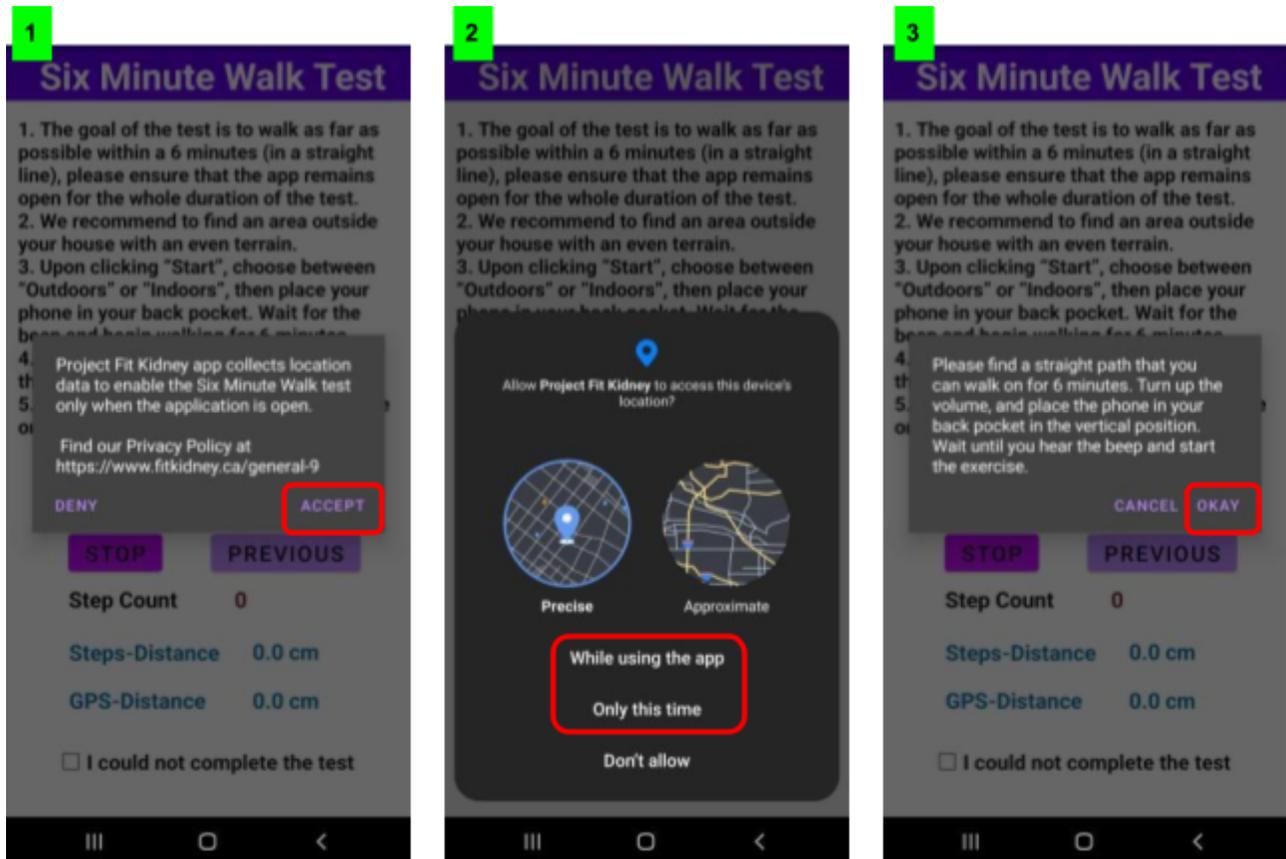
- If the app doesn't stop when you sit down, or stops prematurely before you're fully seated, please repeat the test while considering the following:
- Choose a chair with a firmer surface.
- Opt for snug-fitting jeans.
- While sitting, ensure your back maintains full contact with the chair.
- You can replicate the required motion by holding the phone in your hand, starting in a horizontal position while sitting, transitioning to a vertical position when commencing walking, and then returning to a horizontal position when sitting down again.

## 6 Minute Walk Test:

1. The goal of this test is to walk as far as you can within a 6-minute timeframe, please ensure that the app remains open for the whole duration of the test, as we are not collecting any background location data.
2. Choose a location with even terrain, either indoors or outdoors.
3. Upon clicking "Start," a choice between "Outdoors" and "Indoors" will be presented. Opting for "Outdoors" is recommended for improved GPS location data collection.



4. If selecting "Outdoors," the app will request Location permissions. Please enable Fine Location permissions for the app (pick one of the options shown in picture 2 below). Then, read the next prompt and click "Okay" to start the activity. Should any issues arise, close the app, access permission settings, and enable the required permission. Maintain a straight walking path for the full six minutes to ensure accurate GPS data.



5. If selecting "Indoors", the app will count your steps and calculate the distance accordingly. Read the next prompt and place the phone in your back pocket. GPS/Location activation is not necessary for this mode, and walking direction need not remain constant.
6. A second beep will indicate the end of the time.
7. If you're unable to complete the test, mark the "I could not complete the test" checkbox, and transmit the data using the orange button.
8. Upon completion, an orange button will emerge, enabling you to share your data with us upon clicking (ensure an active internet connection).
9. The test can be stopped by using the on-screen stop button.

**Troubleshooting:**

- In case of errors, fully close the app, even from the background, and relaunch it.
- You can retry the test while considering these options:
  - Opt for snug-fitting pants.
  - Holding the phone in your hand is permissible; placement in your back pocket is not necessary for this test.
  - Close the app and enable all location permissions if applicable.

**Feedback:**

If you have any questions or feedback about this application, please contact us:

Email: [research@UBCurology.com](mailto:research@UBCurology.com)

Text: 604-332-7619