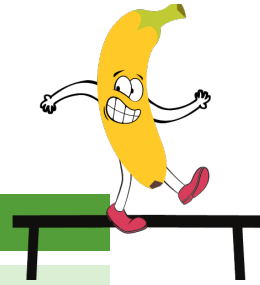


WEIGHT MEASUREMENT INSTRUCTIONS FOR CHOMPIONS!



MATERIALS YOU WILL NEED

THINGS YOU WILL RECEIVE FROM US

- A digital scale (Etekcity Digital body weight scale)

THINGS YOU WILL NEED FROM HOME

- Your smartphone or computer (to access the instructional videos)
- A pen and paper (to record weight)

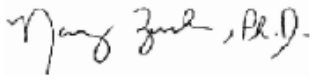
OVERVIEW: CHECKLIST OF STEPS TO RECORD YOUR CHILD'S WEIGHT

*** IMPORTANT NOTE ***

To the best of your ability, please record your child's weight at the same approximate time of day, with your child wearing similar attire, each time for accurate data collection.

1. Locate your scale. Please use the digital scale that we sent you as part of the Chompions! Study materials.
2. Open the packaging.
3. Remove the Styrofoam surrounding the scale.
4. Remove the plastic strip from the battery compartment on the back of the scale (batteries are included). **NOTE: Please contact us if you believe the batteries are weak or not working. We will send you replacement batteries.**
5. Place the scale on a hard, flat surface – not a carpet or a mat.
6. Before your child steps on the scale, have them remove any bulky items (including but not limited to winter coats, sweaters, or shoes).
7. Have your child step onto the scale, and then briefly step off until the scale returns to '0.'
8. Have them step back onto the scale. Ensure that your child stands straight on the scale with their feet centered under their shoulders. Instruct them to stand as still as possible and look straight ahead.
9. Your child should stand on the scale until the digits on the display flash three times, showing the final measurement.
10. Record the number on the scale, noting all the numbers you see on the screen.

If you have any issues with your scale, please let the study team know as soon as possible so we can resolve any problems.

A handwritten signature in black ink that reads "Nancy Zucker, Ph.D." The signature is written in a cursive style.

Nancy Zucker, PhD
Professor of Psychiatry and Behavioral Science
Professor of Psychology and Neuroscience
Duke University