Identifying theory

- **Policy/Enabling Environment** (national, state, local laws)
- **Organizational** (organizations and social institutions)
- **Community** (relationships between organizations)
- **Interpersonal** (families, friends, social networks)
- **Individual** (knowledge, attitudes, behaviors)
Data impacting theory

• Feedback from systems allows tests of theory

• Steps per day
  – Will help us understand the impact of the intervention in different environments

• Usage

• GPS
  – Would inform where activity occurs
Dosing

• Previous study
  – Daily messaging tolerated

• Intervention
  – Lessons, notifications, Fitbit wear/logons

• Participants will comply to varying levels

• Adjustments to dose made after data collection

• We learn based on what they provide us