

What do I get for participating in Project ALL STAR?

Consent and Enrollment:
T-Shirt and Fitbit
Versa 4 Smartwatch



In-Person Fitness Assessment:
Water bottle



Goal Setting OR Daily Quick Surveys (after 3 months):
Stress ball



Taking the first 2 surveys:
Notebook



Fitbit (after 9 months):
Tote bag



Finishing the first year:
Pin



Focus Group:
Backpack

