

Informed Consent Form

Protocol Title: Morning versus evening exercise: Its effect on weight loss and body composition

You are welcome, and encouraged, to discuss your involvement in the study with family or friends.

By signing this consent form I am indicating that:

1. I freely agree to participate in this research project according to the conditions in the Participant Information Sheet which I confirm has been provided to me.
2. I understand that my involvement in this study may not be of any benefit to me.
3. I was given the opportunity to have a member of my family or another person present while the study was explained to me.
4. I understand that all data I provide to the researchers is confidential and can be identifiable only to the study investigators.
5. I am aware that I have the freedom to withdraw from the study at any time for any reason without prejudice. If I decide to withdraw from the study, I agree that the information collected up to that point may continue to be processed.
6. I agree that the research data as a result of this study may be subject to publication and that I will not be identified as a participant.
7. I have been given the opportunity to discuss the study contents with the principal investigator, and all questions have been answered to my satisfaction.
8. I have read and understood the 'Participant Information Sheet, version 2, dated 05052016, for this study and am aware of the risks involved.
9. I am fully aware of the rigours involved in the plethora of physiological activities embedded in this study as enumerated in the Participant Information Sheet.
10. I am 18 years or older.

Name of participant (please print) _____.

Signature of participant _____ **Date** _____.

A verbal explanation of the research project, its procedures and risks has been given to the participant and I believe that the participant has understood that explanation.

Name of principal investigator _____.

Signature of principal investigator _____ **Date** _____.