

(FS)² Cohort 3 Exit Survey Responses June, 2017

Total Responses: 55/72 (76.3%)

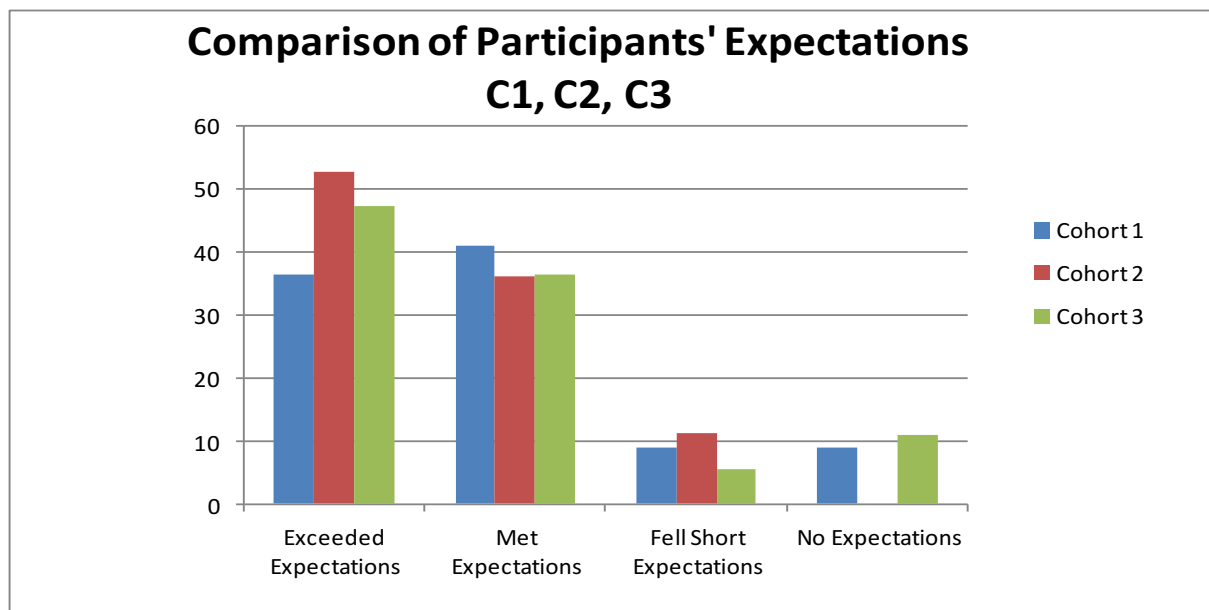
Compared to my original expectations, the Framingham State Food Study:

Exceeded my expectations (26, 47.3%),

Met my expectations (20, 36.4%),

Fell short of my expectations (3, 5.5%),

I didn't have any expectations as I did not know what to expect (6, 10.9%)



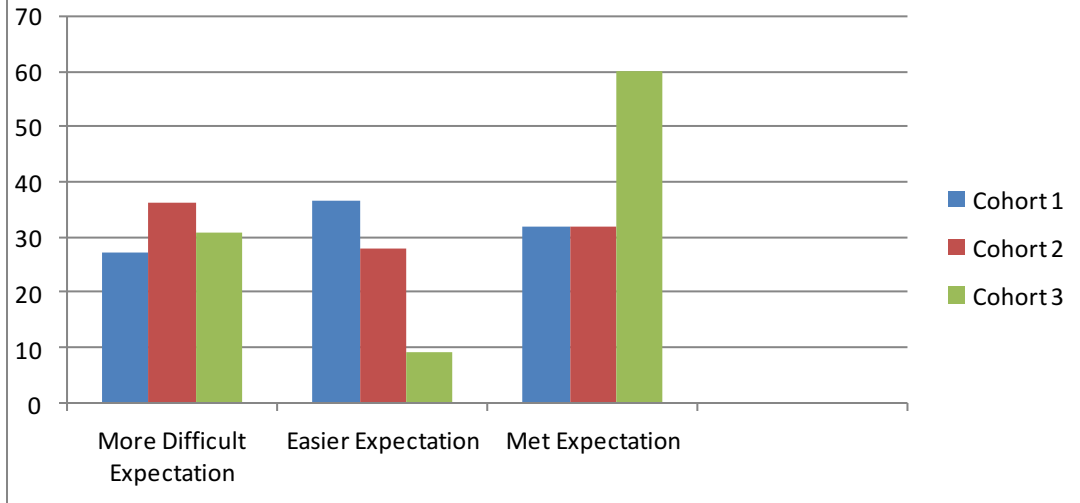
Which of the following best describes the reality of being a participant in (FS)²?

I expected it to be more difficult than it was. (17, 30.9%),

I expected it to be easier than it was. (5, 9.1%),

The level of difficulty was what I expected. (33, 60.0%)

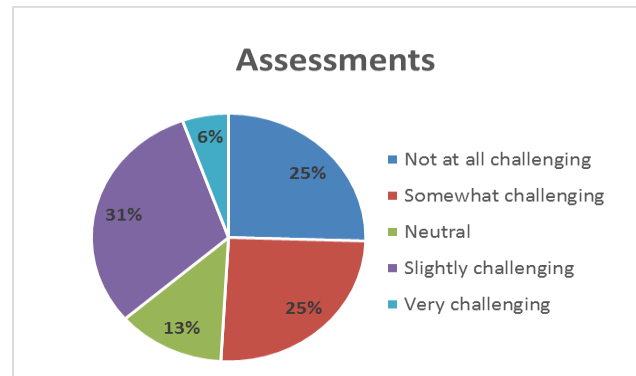
Comparison of Participant Reality Expectations C1, C2 C3



Please rate how challenging the following research design components have been for you.

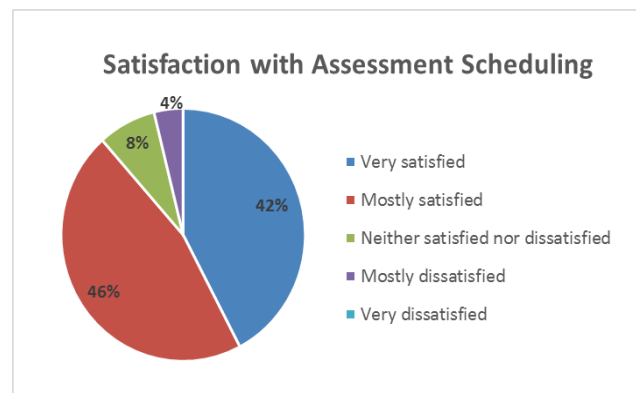
Assessments

Not at all challenging (14, 25.5%),
Somewhat challenging (14, 25.5%),
Neutral (7, 12.7%),
Slightly challenging (17, 30.9%),
Very challenging (3, 5.5%)



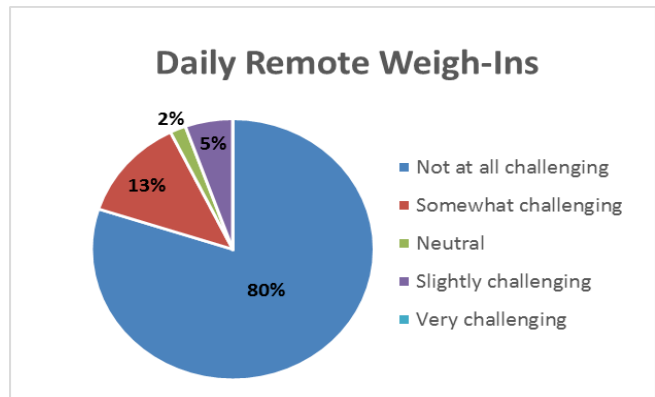
How would you rate your satisfaction with the assessment scheduling process?

Very satisfied (22, 42.3%),
Mostly satisfied (24, 46.2%),
Neither satisfied nor dissatisfied (4, 7.7%),
Mostly dissatisfied (2, 3.8%),
Very dissatisfied (0, 0.0%)



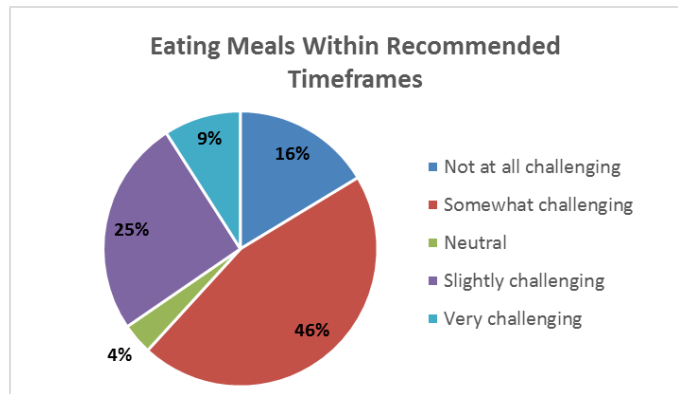
Daily remote weigh-ins

Not at all challenging (44, 80.0%),
 Somewhat challenging (7, 12.7%),
 Neutral (1, 1.8%),
 Slightly challenging (3, 5.5%),
 Very challenging (0, 0.0%)



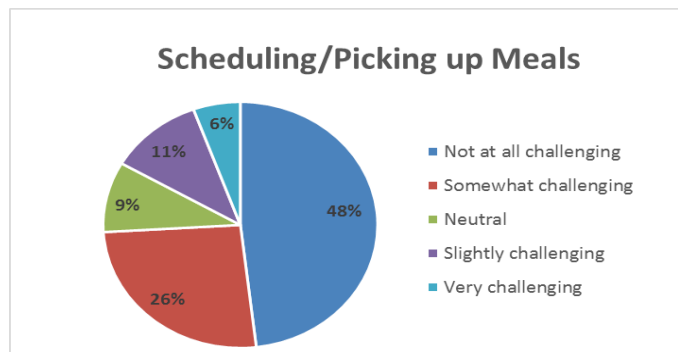
Eating my meals within the time frames recommended

Not at all challenging (9, 16.4%),
 Somewhat challenging (25, 45.5%),
 Neutral (2, 3.6%),
 Slightly challenging (14, 25.5%),
 Very challenging (5, 9.1%)



Scheduling/picking up my meals

Not at all challenging (26, 48.1%),
 Somewhat challenging (14, 25.9%),
 Neutral (5, 9.3%),
 Slightly challenging (6, 11.1%),
 Very challenging (3, 5.6%)



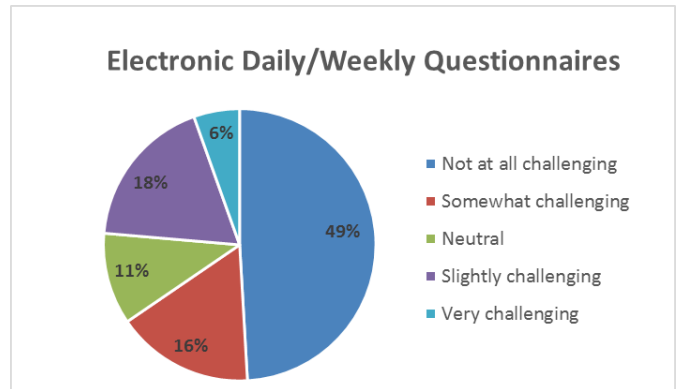
Open Responses: Meal schedule change policy and process (7 days' notice via the (FS)2 Portal)

This was fine. Lauren and her staff were very accommodating for schedule changes, even within the 7 day notice window.
No opinion
No change
There were a couple miscommunications, so I think a hard copy of the communications would've been better than me submitting and it going into space (unless this was available and I didn't see?) or maybe if it was reflected in the

portal better somewhere.
worked fine
If I got sick I would come in to pick up meals
This is an adequate request. Anytime that something came up the kitchen was fantastic about accommodating my meals.
That was a reasonable time notice and Lauren was more than accommodating when things came up and there either werent seven days in advance or someone unexpectedly came for breakfast and the college was on break and there was no other food to be purchased or she graciously packaged up four days of food for a trip
fine
This was fine for me. I very rarely had to make any meal changes and Lauren was always great and quick to respond.
3 days is better
Worked fine for me.
worked fine
N/A for policy and process. I just found eating my friday dinners on campus hard due to traffic. i would have like to eat at 4pm
Worked well. Kitchen was good at accommodating changes. Maybe have more of a msg system of back and forth to the kitchen.
That was no problem at all. I had good luck when I needed to do it.
Lauren Stone was VERY accomodating
Easy to do it, no problems/suggestions.
It was okay.
That was understandable
everybody was very accommodating with meal schedule changes
not a problem
Lauren accommodated all my meal change request!
fine
not applicable
Worked well, although I only used it about four times. Cold meals were not as tasty as hot meals.
Even when using this process and giving 2 weeks notice, meals were never ready on time (on the day requested)
I did find the portal to be too many steps to request changes. And when I used it, I should have called. Maybe a form that we could fill out while at FSU? I think a direct email would have been easier...maybe with a text number for emergencies.
The Mews scheduling changing policy and process was very easy and convenient
I found that this was a completely acceptable timeframe. Most of the time, Lauren Stone could accommodate these requests sooner than the 7 day notice. Lauren, was extremely helpful, accommodating and very good natured. I enjoyed interacting with her and all of the FSU staff. They were wonderful!!
At times, it was difficult to remember to do this within 7 days.
It was great. Nothing to add.
Could have been little more flexible. Sometime people forget we participants are professionals with busy life and not students or in academic environment.

Electronic daily and weekly questionnaires

Not at all challenging (27, 49.1%),
Somewhat challenging (9, 16.4%),
Neutral (6, 10.9%),
Slightly challenging (10, 18.2%),
Very challenging (3, 5.5%)



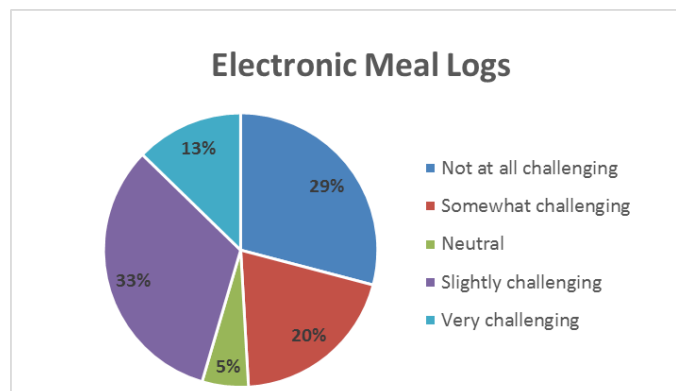
Open Responses: Electronic daily and weekly questionnaires

It's fine
Send text message reminders just like the weigh in ones
I would have love to loss more wieght . The 14% that you guys wanted me to loss was not enough for me, I was not happy with that I would have love to loss more weight
It's a good thing you did them daily because I had a hard time remembering what I did the day before. It was hard to be specific, especially when I went out for 'drinks' and got a diet coke. I would forget how much gum I had.
worked fine
I tended to get the notice in the morning for the survey then eithet forget to do it or when i went to try the website was slow to load which would push me to just say Id do ot later which i would sometimes forget to return to.
They were both easy ! Just remembering to fit them into my schedule was sometimes a challenge on busier days
fine
Better platform!!! The questionnaires themselves are fine. It was the portal that was very challenging. Non-responsive.
Works so good , no changes . S
Box for additional comments.
the daily meal logs were fine, email reminders helpful
it was hard to get them done by 3 every day
Perhaps have a space for a general comment. There were some times that I had to mark something as zero and it was because it wasn't provided, not because I didn't want to eat it.
Worked pretty well. Issues with getting msgs and menu to open. Also going back to update previous day's was slowly going.
I didn't like that we had to log food that was allowed like up to 3 caffeinated beverages. I would have preferred only logging when we exceeded the allowed item or quantity.
It wasn't difficult filling them out. The problem was getting into the portal, it was extremely slow and sometimes I would answer but then I would get a reminder to do it. Apparently it did not save.
they were fine
Not problematic at all. It became part of my daily routine.
An app for Android

The difficulty I had was with the logging into the portal. It would time out or freeze and would take a long time to load.
no suggestions
these were easy. Maybe better to have it done on the day you are filling it out rather than for the day before.
Could have been more specific
meeting the 3pm daily deadline was challenging as I do not usually check personal emails until end of day
Tell participants to use portal and consider email a backup (I made mistake of thinking I had to use both and felt like it was two difficult to keep track) When I stayed with portal it was easier
weekly questionnaires would have been better
It was great to have in a great reminder
The system used to log answers to questionnaires is extremely slow and cumbersome. It proved to be very frustrating at times. It's 2017...time for an upgrade!
I utilized my mobile device to complete this. The web page always lagged, which made completing these take longer than necessary.
It was great. Nothing to add.
They are very easy, You could have made it more simpler by repopulating previous day's answers as they don't change a lot

Electronic meal logs

Not at all challenging (16, 29.1%),
Somewhat challenging (11, 20.0%),
Neutral (3, 5.5%),
Slightly challenging (18, 32.7%),
Very challenging (7, 12.7%)



Open Responses: Electronic meal logs

Portal for both desktop and mobile access was extremely slow. I was unsure if the check box was going to save when a meal was eaten, and going back through the week to make sure was tedious.
Maybe add with daily questionnaire
Send text message reminders just like the weigh in ones
Updating the meals was difficult. I think you guys knew that though. I did like the fact that I could see what we were supposed to be getting for quality control purposes.
In the past month or two, the system has been extremely slow.
should included a comment section so to explain and problems with the meal utems
The portal was very slow when logging meals.
More automation / assumptions. For meals eaten off-site, it was irritating to have to verify that I ate everything instead of that being the default (since it was the expectation). The portal also too forever to load and refresh. What should be a 2 minute entry would sometimes take over half an hour.

Portal was super slow
Be a little faster, it was too slow, even on a regular computer
My evenings are non-stop from when I walk in the door till my head hits the pillow- like many others. Remembering to log my food was a personal challenge time wise. The speed of the website is really my only complaint.
Also easy especially when u ate everything There is often a lag in my mobile app so sometimes it took longer than it needed too but again it was easy and that's a minor detail
fine just the system was slow
Better platform!!! Logging meals were fine. It was the portal that was very challenging. Non-responsive to the point of frustration! ... and forget about having to modify your % eaten -- half the time it does not register and the other half it doesn't refresh and return to the log once you submitted it so you're sitting there waiting and waiting afraid to close the window for fear that the update is not recorded.
No problem.
Instead of locking the past week on Monday night, lock it Tuesday afternoon. There were many times where I didn't accurately record Monday because I do that in the morning.
Site was very slow. Very frustrating to use. A better system for logging meals is needed.
the meal logs were slow to process sometime not easy to see what was missing
system would be slow at times
Not bad, sometimes not sure when clicked off a meal was complete if it saved it. Would go back and see meal not checked off. Would be nice ideal was completed we could submit and it would gone would know it went thru.
painfully slow and tedious. Having to wait for the items to load was extremely slow. Often the portal did not reflect when items had been marked as eaten resulting in items needing to be re-checked.
Also, the portal very slow, and not always saving my log ins (maybe I did not wait long enough to save)
seemed to take a long time for pages to load which was discouraging
The only problem is that it took forever to log in meals. The site was very slow and took more time that it should.
Faster . Sometimes especially towards the end of the study it took so long to log
An app for Android
Log out, time out, freeze
have the button submit at the end of the meal logs
awful. portal was often very slow and frustrating especially if you had to log meals that were not 100%
Hand written meal logs instead of electronic meal logs
could have been more specific
portal system was not very responsive and usually takes a long time to load and reload
Fairly easy, try to complete log on same day, going back a day in portal sometimes had me inadvertently un-checking boxes
the system was very slow and made it difficult to log meals timely
I found the meal logs were difficult to use on my phone. It loaded slowly, and you had to hit it in just the right place. Often I would think I had logged something, and went back to check or change it, and it was unchecked. Added an 'update' button would have helped so I knew that my info was being sent.
It was great to know what you eating the next day in having the option to change your meal if you didn't like it
Again, an improved computer system is very much needed in order to expedite logging of meals and questionnaire. Most participants already have work, school or other commitments. Given the fact that this is a daily requirement, your cumbersome computer system made it a chore.
Same as above.
It was great. Nothing to add.

The UI was atrocious and could not get more unresponsive. Entering and changing meals were completely not doable.

We are always looking to improve our research systems. Please list any suggestions on how we can improve these Dietary Intervention systems in future studies.

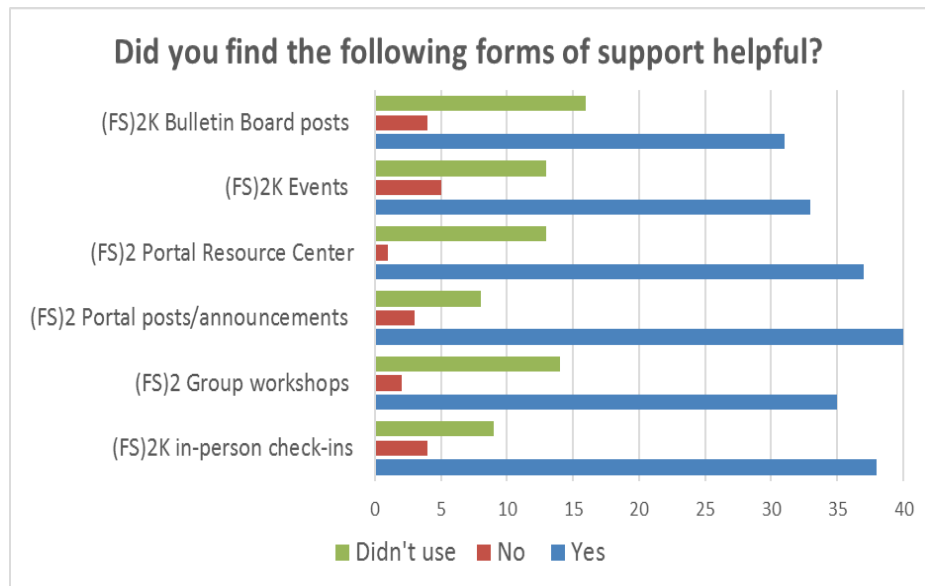
Did you find the following forms of support helpful?

(FS)2K in-person check-ins

Yes (38, 74.5%),

No (4, 7.8%),

Didn't use (9, 17.6%)



Feedback on (FS)2K in-person check-ins

I think I would've liked more feedback about when my calories were changing. I would've liked to be asked about my activity levels more before them being changed.
It was good to have someone there for questions.
It was really nice to be able to ask any random question and get support from a live human!
Caitlin is amazing and I enjoyed talking / working with her.
It was nice seeing Megan/Nicole there to chat or answer questions on the fly.
having someone right in the caf was helpful for any questions
Not that I checked in every time they were there but it was nice to be able to just ask a simple question when they were there.
Good to see weight during the day. And. Very helpful at answering questions and concerns.
It was very nice to see a familiar face, nice to know people care.
Good for reinforce and support specially during loss weight phase.
I am not sure what this is

She was helpful and answered questions
Megan, Linda, nicole, and kaitlyn were great!
it was helpful especially to keep you motivated and on track+
people were great
this allowed opportunities to discuss any issues that arise during the study
I am not sure if I know what you mean, I enjoyed eating breakfast at school, I enjoyed FS2 support staff at school during breakfast, cooks, spot checks and weigh ins, and nutritionists, etc. were very pleasant and professional,
It was nice to have someone there if we had a question. I didn't really interact much, however. It was usually just for weigh-ins.
Although, I didn't use this service every day, I felt that it was helpful to have someone on hand and available in case a question arose. Meghan Sandman and Linda are great!
It was nice to have someone there if one had concerns.
Some on my in-person check-ins were not done privately. It was unprofessional to be spoken to in front of other regarding such personal aspects of the study such as weight, constipation, and personal progress.

Comment on why (FS)2K in-person check-ins were not used.

did not know we had them
I dont know when these check ins happened.
not even sure what this is
staff checked in with me, but I didn't feel it necessary to check in with them
I didn't feel any need for in-person check-ins.

(FS)2 Group workshops

Yes (35, 68.6%),

No (2, 3.9%),

Didn't use (14, 27.5%)

Feedback on (FS)2 Group workshops

Was only able to attend two of them due to timing
These were great, I liked learning the basics of how the study was put together. I liked that they're made available on the portal.
They were mediocre. Would have liked more new information.
I love it, I learned a lot from it
They got the cohort together And again a Nice opportunity to get a lot of us together
long somewhat boring
could only make a couples some info helpful

I wanted to get everything I could out of the nutrition and the whole process. I found the workshops very helpful.
Good support. Lots of good info and to hear how other people are doing.
I saved all information and provided a lot of knowledge.
Unfortunately, I was not able to stay for the entire presentation sometimes because job schedule.
Difficult to get the full impact due to the timing
some help
wasn't able to attend most of them due to my schedule. but having staff there was helpful if you had questions
gave good ideas
Megan and Nicole were wonderful speakers and very helpful and caring.
mostly informative and provided opportunity for study subjects to gather and share information/resources
I appreciated interaction with FS2 staff (chance to ask questions) also I liked that they (presentations) were usually posted on the portal.
I enjoyed Meghan's presentations.
I found those very informative.

Comment on why (FS)2 Group workshops were not used.

Timing issues with job and parenting commitments
Timing
Difficult to fit in to work schedule in addition to meals and assessments.
Schedule - not much free time.
they were always on Wed. and i tutor those nights
Times were not convenient for me
couldn't get out of work in time
Time didn't work on my schedule.
The timing didn't work for me.
The time in dates match my work schedule so I couldn't make it
I didn't personally feel any need for group workshops.

(FS)2 Portal posts/announcements

Yes (40, 78.4%),

No (3, 5.9%),

Didn't use (8, 15.7%)

Feedback on (FS)2 Portal posts

Was able to get info on workshops I missed
This gave me another opportunity to ask questions and get support
One place to go for everything
Great
Good to know of any changes.
Good except sometimes took awhile for msg to open.
sometimes there were changes that were incorrect or confusing.
When the portal worked!!
Helpfull to keep track of information, dates, schedule, etc
Good resource you can refer back to as needed
didn't check them all the time
help keep track
again, due to portal issues, this was not a user-friendly platform
It was fine, there was some confusion during snow days or delays but it was usually handled well (emergency meals, or cold breakfast pickup, etc.)
I'm sure there was a reason things had to be sent securely at times, but again. It made it more of a process to get to.
It was convenient to see announcements/posts on the portal.

Comment on why (FS)2 Portal posts were not used.

Didn't read
I didn't know how to use.
I didn't have time to go through them.

(FS)2 Portal Resource Center

Yes (37, 72.5%),

No (1, 2.0%),

Didn't use (13, 25.5%)

Feedback on the (FS)2 Portal Resource Center

Thank you for continuing to update resources on the portal. It was very helpful to have the information available online.
I wish there was more detail about
Handy for contacts and study info.
Definitely a wonderful resource I used for background info and menus
Helpful that everything is available in one place.

Great resource! All the info in one place. Pretty slow to load though...was frustrating at times.
An excellent resource that answered most questions and had plenty of information.
Was very helpful.
Very often I would go in and check information
I did not used often but at the beginning I checked the information posted.
As noted above
was helpful
helpful when able to navigate to the appropriate area to retrieve information needed
Lots of good info for study participants
There's a lot of information that was posted there that was very helpful and it was a good reference tool. I liked that the answers were readily available there.
This was extremely helpful when to access information.
It was great having all those resources available in one place online.

Comment on why the (FS)2 Portal Resource Center was not used.

Didn't need
didn't read
Froze a lot
didn't think it was that useful learned what i needed to know by asking staff
Didn't feel I needed it
I used it mostly on my phone, and things just took a long time to load.

(FS)2K Events (Halloween trick-or-treat, Valentine's Day give away, etc.)

Yes (33, 64.7%),

No (5, 9.8%),

Didn't use (13, 25.5%)

Feedback on (FS)2K Events

These were great!
It make u feel like you're not left out
I thought the halloween gum and such was nice. I liked that you specialized holiday meals.
I thought these were very thoughtful and much appreciated.
Loved the giveaway s and mostly the advice for behavioral options
Nice personal touch :)
Good help
Dont remember these events
Nice treat!
really thoughtful

Loved the pencils for Halloween and the Tea with other ideas on how to celebrate Valentine's day. Very nice touch and a cute surprise.
Very nice and thoughtful.
Yes, it was thoughtful and sweet!!
Very kind. It give us support during tempting times.
I only recall halloween, not sure what the valentines day give away was
just helped to keep you motivated and to know staff researchers were supporting you
something to look forward to
helpful tips to prevent 'cheating' on the diet
Nice gestures
Cute reminders and acknowledgement of the holiday, and helpful to keep on track.
Offered good alternatives to candy (my favorite thing in all the land)!
The events and little treats/give-aways were awesome!

Comment on why (FS)2K Events were not used.

These were great touches. I saw them but left the goodies there.
don't recall these events
Wasn't interested

(FS)2K Bulletin Board posts

Yes (31, 60.8%),

No (4, 7.8%),

Didn't use (16, 31.4%)

Feedback on (FS)2K Bulletin Board posts

Excellent information on powering through holidays, as well as the ingredient of the week!
Helpful information
I really enjoyed reading these every week
Get to know ahead of time what your holiday meals would be before the time
Thought they were interesting and cool
Great reinforcement and place for reminders and encouragement and ways to change behavior
Great remember
I would check it for anything new. Did like the food of the week posts.
Many times staff at Assabet kitchen would show us things that were posted
?
also helpful when picking up eat-in meals or take outs to read informational tips about purpose and benefits of foods used in our test diets
Somewhat useful, sometimes I missed them also the info did not appear to be posted on the portal.

The bulletin board posts wasn't something that really caught my eye. It wasn't strategically placed...wasn't something that stood out. It's as though you almost would have to look for it, otherwise you'd miss reading it. It was placed on the counter where you get your food. Most people's focus is to pick up their meals, so it's easy to miss. It needed to stand out more.

It was convenient to have the announcements were I pick up my food everyday.

Comment on why (FS)2K Bulletin Board posts were not used.

The information was repeated on the portal

This was posted by the area where picking up food. Usually read this info in resource area on portal. Good for those who did not utilize info online.

didn't read

I just did not use it.

Wasn't aware

not sure I know what this was

I'm not sure I know what a Bulletin Board post is

Please provide any additional feedback on forms of support (i.e., what we should start, stop, or continue to do).

Able to choose menu that fits in guidelines

I thought it was fine as is. If you had any questions all you had to do was send an email and you would receive a reply via email or phone..

Would love to see the program going to help other with there weight loss

It was fine. My biggest concern was radiation exposure.

no issues, I was satisfied with the process

Might be nice to have some choice between two meals like, chicken or beef as an entree. For low carb having lesa butter and replacing low fat foods like turkey bacon with regular bacon wpuld have been nice.

I wouldn't mind seeing the actual products we were given so that it would make it easier when we come off the study. Types of cereal, brands of nuts, etc.

All soft and hard forms of support were greatly appreciated Your staff at all levels were wonderful supporting and so friendly. From Darlene offering a recipe I was interested in to Renee who was ever smiling and the food preparers who always pleasantly fetched and carried

Please continue ,. Great program !!

Thanks for all the meal prep and accommodations for changes

more variety in test phase

Continue to do what you are doing - it worked well for me! :)

Would be helpful to have all the recipes. Understand too much to print, what about sending PDF? Was helpful having some of the brand names in the menu, guess not possible to have all. It can get confusing reading for labels. Enjoyed majority of food.

Be sure to follow the menu plan as written and don't substitute frozen or canned for fresh vegetables and fruit. Canned and frozen food quality is poor and unappetizing.

<p>The staff at the Assabet kitchen were the best!! They were awesome,friendly, courteous and very helpful and supportive. I might suggest in future studies for meals to try and rotate the variety, Many times we would have a meal and get it again within two days. Food was very good, occasionally I was not crazy over something but that was my own taste. I traveled a few times to visit my daughter and the FS2 kitchen at AV were awesome and very attentive to detail to ship my food, and the clinicians were great with the follow up while I was there. I could not ask for better service. Very impressed!!</p>
<p>I could it be helpful (before study ended) to give us some days to try preparing our own food. It will help us with portions, food choices. We could documented so you could give us feed back on it.</p>
<p>Earlier nutritional counseling sessions one prior to end of the study Importance that staff involved with working with study particiants maintain a positive attitude throughout.</p>
<p>weight follow ups after the study finishes</p>
<p>fix the portal so that it is easier to log into. continue to have staff present as I found them a great source of support.</p>
<p>none</p>
<p>Teach better customer/client care to your employees. Jon, the chef was extremely immature at times and would make fun of me behind my back. Twice I turned around and he was mimicking how i walked. Linda was right there with him. Also, the negativity & unfriendliness from Adrienne and Rachel was not acceptable.</p>
<p>continue to provide workshops to instill the good practice of weight loss maintenance; need to actively provide study subjects/participants about any changes in calories</p>
<p>I think you should create a handy assessment check list for participants to use when scheduling appointments it can be electronic (portal) I think the calendar is not as useful for this part of the study. Also info in regards to each assessment (purpose, restrictions, fasting) and a place to put in appointments. Also include the spacing between assessments if applicable (REE, Spots spacing etc.)</p>
<p>don't talk about personal stuff in front of other people. I had multiple instances where either myself or someone else was asked if they were constipated in front of a group eating breakfast. Just because we are all in a study does not mean we don't appreciate some privacy.</p>
<p>If you would like me to be honest...It is hard to listen to young, clinical, scientific people that have probably never been overweight, give me suggestions on weight loss. I think you could add a councilor with more soft skills and then taught them the nutrition part of the program.</p>
<p>I had no expectations going into this study as I didn't know what to expect. I thought over all it was great and I am thankful for the experience.</p>
<p>Nothing everything was perfect enjoyed the way in and meeting with other participants at the FS2 kitchen</p>
<p>I feel that the tools for support where always there for me, whenever I needed them to be. Whether I had to make a change to meal pick ups or reschedule appointments. Once, I locked myself out of the system hours away from the weekly deadline and Courtenay Devlin was extremely responsive in resetting my password and getting back to me immediately. The one negative re: assessments: The blood glucose test was extremely long, that was my least enjoyable test. I've had this test in the past, during pregnancy, and it was accomplished in half the time. I felt it was unnecessarily long.</p>
<p>I don't have any additional feedback.</p>
<p>Overall it was a great experience and I enjoyed it. The forms of support were all great!</p>
<p>Meal planning could have been little co operative. For example you could have provided with one salt packet per day and reduced equivalent amount of sodium in daily food.</p>

Please share any additional insights and/or constructive comments about your experiences in the Framingham State Food Study.

<p>This was a very challenging, but extremely rewarding experience. I am very happy that I was able to participate in this worthwhile study.</p>
<p>It was a great experience.. Everyone was very accomodating when I had to change appointment or pickup times due to my mom's health issues. I learned that my weight issue is clearly the result of portion control and mindless vs mindful eating.</p>
<p>The food study help me to eat right and don't be afraid to try different foods</p>
<p>I had a really hard time getting a pay check. I've been going on for a month now trying to get it. I wish there were more introductory things to the other participants in the beginning, I know that we are 'confidential' but maybe we could opt in to revealing our identities to meet each other earlier. I wish we could get the recipes, not the sodexo ones but the ones Megan mentioned that are similar but not quite the same. I wish we could've received more of our favorite meals (Chicken bowl!!!). I wish the police weren't such butt holes about parking. I wish I could've received my Monday meals on Fridays. After weightloss phase my period stopped. I wish I had some medical help offered in that area. I went to my primary care and she told me to wait a few months and now it's just getting back to normal, but it was concerning and I didn't feel I had anyone to talk to about it. Overall it was a great experience and I'm very thankful for it. Thanks for everything you did, all the hard work and effort and coordinating. I'm grateful for how I look and feel and understand my relationship with food more. Can't wait to see the results!</p>
<p>It was good to have pleasant staff. It made a difference. It would have been nice to have a microwave oven closer to the FS2K. By the time I used it, my other food was cold. I would have liked to have received my take-out meals when leaving the kitchen and not at the beginning of the meal. That did not seem possible for some reason. It resulted in food being out of the refrigerator for a long time.</p>
<p>Great to have eating area where participants would be able to eat together and share experiences</p>
<p>I would think having one of the cooks/chefs at the info sessions would have been/would be great. One of the women (not sure her name) gave us a TON of insight one morning last week into what we were eating and tips about how to food prep once we were off. ie: freezing nuts, how to make the peanut butter, etc.</p>
<p>What a wonderful educational journey this has been Soooo very helpful in resetting my weight and knowledge base</p>
<p>I really enjoyed the experience and the people who were involved as well as those participating. The FS2 Kitchen staff was outstanding day in and day out!</p>
<p>I have excelente experience . Thank you very much e eh one works at this study . I loved. God Bless everybody .</p>
<p>It would have been nice to have the option to continue to lose even if at a slower pace.</p>
<p>have people keep journal and see if a therapist wants to get in on it because a lot of this is in our minds</p>
<p>For me the study as a whole was a great success. I even surprised myself that I was able to accomplish it! I think it ran like a well oiled machine.</p>
<p>Thank you for this experience it has been life changing for me! This is not an understatement I do not like to think what weight I would be at if not for this program. Being on this program I did not feel deprived actually felt balanced and satisfied. Have learned so much and will continue to follow this plan. Everyone from the kitchen, the house, the nutritionist, Megan, Kaitlin, and Nicole and participants were wonderful. Look forward to seeing the results. Again thank you. And wish all well!</p>

<p>Would rather have more calories at breakfast and lunch. Receive snack with lunch meal to eat in the afternoon instead of evening.</p>
<p>Quality control needs to be improved. Food was sometimes spoiled and/or inedible. The logistics are difficult but perhaps the time between preparation of meals and when the food is to be eaten can be shortened to ensure food is not spoiled upon arrival. Also, some food was overcooked, canned, or the seasoning was unappetizing (too bland). Some food was very hard to eat and made for an unpleasant experience.</p>
<p>I was very impressed with how it ran and how much I learned from the study. I found the end long, it was so close but yet so far, but don't regret participating and glad I stuck it out. I can honestly say that I did not cheat. I feel so good. I wish we were able to have the free food part at the end but hopefully everything will work for me and I will be able to take what I learned and apply to my daily meals. Due to snow storms we did have to plan our meals and follow guidelines as I did when I was away due to a flight delay for weather. I feel this was a good test for me. I may suggest trying a day here or there for future studies so participants can get a feel of the planning process, while we have the constant support!</p>
<p>I enjoyed it. It was a nice learning experience. Thank you</p>
<p>Payment schedule where checks are distributed timely and final check given date of completion of study.</p>
<p>I appreciate all the support you gave me during this journey!</p>
<p>see above. also having to eat with the same group of people was a tremendous support. We could all talk about what was working and what we were struggling with. The hardest parts for me were around the holidays feeling deprived. If the study allows maybe giving a 'cheat' day on those days. Otherwise I am very grateful to all of you for being in this study. I have learned a great deal about healthy eating and hopefully will continue to be inspired. can't wait to see the results when all the data is in.</p>
<p>I thought meals would have been healthier. All the team members were AWESOME</p>
<p>I/we shouldn't feel that we are unliked. Your employees are getting paid and should treat everyone with respect and consideration, whether they like us or not. I would have preferred if I was allowed to lose more weight. Thank you for having me!</p>
<p>food preparation and handling: foods should be clean and fresh; often times, food was not fresh and not properly washed/cleaned; packaging should be sealed thoroughly and also set into bags/boxes properly to prevent leaks/spillage</p>
<p>Info too share at beginning 1. Study overall is very challenging (high drop out rate) 2. FS2 worked hard to help people reach 10% loss goal (extended phase two weeks, etc.) 3. Diet was a balanced version of SAD (not all food was best choice - white bread, juice etc.) 4. Stipends are small and will increase as you progress slowly through study (most of money at end) 5. The information collected will be sent to applicants who finish study so they can share with their physician 6. So many rewards from study well worth every minute. I feel very fortunate to have completed it. Thank You</p>
<p>I felt that some staff at FSU were not very friendly. I felt like I was interrupting them or interfering with their day. There were a few that were always friendly, but I've heard other participants voice the same complaints about particular staff. The activity monitor logging and switching from day to night was aggravating. I have worn activity monitors for other studies and they didn't require a log and I only wore one during the day, which made it much easier to wear. The food was not always fresh and some I felt was low quality. The cook even said at one point that they didn't have the money to get better quality food so he had to cook it to a crisp to make it edible. That wasn't very reassuring.</p>
<p>I am not outgoing, and never learned the names of people I met. Name tags and introductions would have helped. I was taken aback when someone said 'Hi _____' with my name. I had been getting meals there for 9 months and didn't know any of the kitchen folks names. When I walked into the FS2</p>

House, I never knew where to go, Signage would have helped, check in person, or intercom/bell if we didn't see someone.

The staff that you had or amazing kind understanding from house to the Fs2 kitchen

Everyone on the study was great to work with, from the staff at the house, to the kitchen staff, I can't say enough positive things. They were all very professional. One negative: Although that staff was helpful in substituting one meal, other meals did not have a lot of flavor, so they were not always the easiest to eat. On extremely rare occasions, the quality of the food was not the freshest, but it's understandable given the fact that it needs to be pre-packaged for the weekend. Something worth noting.

When the food wilted or spoiled due to being frozen, it was frustrating to not get responses from staff at FS2. Since this was the only food I was supposed to eat, then that should not happen. I know staff tried extremely hard to keep food fresh, but I don't consider canned green beans; canned pineapple to be fresh.

I really enjoyed the experience. The only thing that would have made the experience better for me personally would be to have less fish/seafood, but I know that is just a personal preference.