# CHALLENGECARD
## #CHALLENGEACCEPTED

NAME: .....

## CHALLENGES

**This package contains 5 envelopes. Each envelope contains a secret challenge, one for each day. We will send you a vlog every day via Whatsapp with an explanation of the secret challenge that you can do that day. Do not open the envelopes yet, but wait for the vlogs.**

1 MY DAY

2 DAILY DRINKS

3 FRIEND REPORTER

4 PROMO VIDEO

5 ON THE ROAD

## MINI CHALLENGES

**You can do as many mini challenges as you want, but choose at least 3. Do these whenever you want. Agree that you and your friend with whom you will do the interview choose different challenges. Send the photo or vlog of your mini challenge via WhatsApp to: 06 XX XX XX XX**

### WHAT'S IN YOUR BAG?

**Challenge:** Take a picture (or a few pictures) of what's in your bag when you go somewhere. What kind of food and drink does it contain?

### MY INFLUENER

**Challenge:** Which influencer do you follow and do you like the most? Send a photo or video of this influencer and explain in a WhatsApp message why you chose this influencer.

### RANK THE DRINKS

**Challenge:** Grab all the drinking packs and drinking bottles you have at home. Then do the following:
1)Put them in order from least delicious (left) to most delicious (right) and take a picture.
2) Put them in order of least healthy (left) to most healthy (right) and take a picture.

### PARENT REPORTER

**Challenge:** Ask your parents in a short interview why you have certain soft drinks at home. Also ask what moments those soft drinks are meant for. Film your interview with your phone! (If your parents prefer not to be filmed, you can also make a vlog yourself after the interview telling us what your parents answered.)

### SHOPPING BASKET

**Challenge:** What do you always buy when you are in the supermarket yourself? Send us a WhatsApp message in which you tell us what you like to buy and why you choose it.

### SELFIE CHALLENGE

**Challenge:** Ask everyone you live with what their favorite drink is. Take selfies with them showing them their favorite drink.

### WATER JUDGEMENT

**Challenge:** Make a short vlog in which you tell us whether you like to drink water or not. Let us know why you like or don't like to drink this. Also tell us when you drink water.

### FRIDGE PAPARAZZI

**Challenge:** Take a picture of what's in the fridge. Also take a picture of what's in the pantry if you have it.

**Tip:** Use the marker to colorize the hearts of the challenges you have completed.

## PREPARATION INTERVIEW

MUZUS × GGD Amsterdam

# INTRODUCTION

Hi!

Thank you for participating in our research! This is your challenge card, in preparation for our interview. The challenge card contains 5 secret challenges and a number of mini challenges.

Each **secret challenge c**omes with a smaller envelope containing more information. Do not open these envelopes until you have received a vlog from us via Whatsapp about the challenge of that day.

For the **mini challenges** you can choose when you do them. Make sure you choose at least 3.

**If you have any questions you can always call us or send us a message via WhatsApp.**
**Send all photos, vlogs and messages via Whatsapp to the Muzus mobile:**

## 06 XX XX XX XX

We look forward to your photos and videos.

Good luck and have fun!

## BEFORE YOU START:

### Step 1: Signature

Below is a consent form. Ask your parents to review and sign the consent form on this page if they agree to you participating. Take a picture of the signed page and send it to us via Whatsapp.

### Step 2: Hi, this is me!

Enter your name on the challenge card on the other side of this poster. Then give the challenge card a nice spot in your room.

# PARENTS CONSENT

Dear parent(s),
This is a study by Muzus commissioned by the Amsterdam Public Health Service. We are very happy that your child wants to participate in this! Since your child is still a minor, we hereby ask for your permission to allow your child to participate in this study.

The research consists of two parts:

- The first part consists of preparatory assignments. These are the challenges on the backside of this poster. Your child is asked to take photos and short vlogs and send them to us via Whatsapp. The photos and vlogs are about their daily lives and how he/she feels about soft drinks.
- The second part is an online interview of about 1 hour, together with a friend. In the interview we discuss the sent photos and vlogs.

On the right side you will find the consent form. Please complete this form so we know that you agree with your child participating in this study. You can also indicate whether photos and/or parts of the videos may be distributed in communications from Muzus.

Thank you very much!

Kaila Vreeken


Telefoon: 015-XXXXXXX
Mail: kXXXX@muzus.nl
Website: www.muzus.nl
Adres: S 23, 2xxx BE Delft


## CONSENTFORM

Please tick the box below if you agree your child participates in this study:

☐ I give permission for my child to participate in the preparatory assignments and the interview. The photos and videos of the challenges and the outcomes of the interview may be used **internally** by Muzus for this research.

In addition, you can tick each box below if you agree with the following points:

☐ Photos and videos that my child has sent and the results of the interview may also be used for **external communication** of Muzus.

☐ Photos and videos that my child has sent and on which I can also be seen, may be used **internally** by Muzus for this research.

☐ Photos and videos that my child has sent and on which I can also be seen may also be used for **external communication** from Musus.

Name: _____

Phonenumber: _____

E-mailadres: _____

Signature:

_____

GGD Amsterdam