

Participant disclaimer

I will answer the registration questions for my health and wellbeing accurately and honestly. I will update my registered condition(s) and health information on the Good Boost app if there are any changes, and add any new condition(s) I develop. I acknowledge that there are risks in taking part in exercise and physical activity, and I am happy to continue into the Good Boost App and be active at my level and pace of physical activity in this app. In the event I am unsure of an exercise, or an exercise does not look or feel appropriate, I will skip the exercise and provide feedback in the Good Boost app or directly to Good Boost. I understand that I have the option for my exercises to be created through artificial intelligence ('clinical expert algorithm').