PHASE 1
1) Initial Content Development
2) Identification of Optimal Target Population

$p$-FFIT PILOT DELIVERIES
in 11 SPL Clubs
2010/11

PHASE 2
1) Participant Feedback Forms
2) Participant Focus Groups
3) Participant Exit Interviews
4) Coach Workshop
5) Coach Focus Group/Interview
6) Observation of Programme Sessions

FEASIBILITY TRIAL
in 2 SPL Clubs
2010/11

Behaviour Change Techniques Mapping

FFIT RCT
2011/13