



Name: Sarah Harris
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Tuesday 16th June 2026

Dear Participant,

My name is Sarah Harris and I am currently completing an MSc in Sport & Exercise Nutrition at Middlesex University. As part of this programme, I am required to complete a final research project.

My research project is titled:

The Association Between Nutrition Knowledge and Protein Intake in Physically Active Middle-Aged and Older Adults

I believe this research is important as nutrition and protein intake may play an important role in supporting healthy ageing, physical function, recovery, and muscle maintenance in physically active middle-aged and older adults.

I am inviting physically active adults aged 40 years and over to participate in this study.

What will participation involve?

Please choose one typical week and complete the following four stages during that same selected week:

- **Step 1 — Biometric Information Sheet**
Provide basic self-reported information including age, sex, height, and weight.
- **Step 2 — Physical Activity Log**
Record your usual weekly physical activity and exercise habits.
- **Step 3 — 3-Day Food Diary**
Complete a food diary including two weekdays and one weekend day.
- **Step 4 — Online Nutrition Knowledge Questionnaire**
Once the previous stages have been completed, please complete the online nutrition knowledge questionnaire using the link provided.

All study information, downloadable templates, guidance notes, and questionnaire links are available via the project webpage below:

<https://www.harrismindandbody.com/sarah-s-nutrition-project>

You may also access the project webpage using the QR code provided.

Participation in this study is entirely voluntary. All information provided will be treated confidentially, and any data collected will be anonymised during analysis and write-up.

The total time commitment is expected to be approximately 45–60 minutes spread across the selected recording week.

If you would like further information or are interested in participating, please contact me via my Middlesex University email address:



SH2310@live.mdx.ac.uk


Thank you for considering taking part in this research.


Kind regards,






Sarah Harris
MSc Sport & Exercise Nutrition
Middlesex University
London Sport Institute



 **COMPLETE EVERYTHING IN ONE SELECTED WEEK**
Please choose one week that is typical for you and complete all four steps within that same week. This ensures all your data links together and gives an accurate picture of your usual habits. 


Step 1  **Complete Your Biometric Information Sheet**
Please record your basic personal and measurement details.
See the Biometric Information Sheet for guidance.


Step 2  **Complete Your Physical Activity Log**
Please record your usual physical activity and exercise habits across one typical week.
See the Activity Log for guidance.

Step 3  **Complete Your 3-Day Food Diary**
Please record all meals, snacks and drinks over two weekdays and one weekend day.
See the Food Diary and Guidance Notes for more information.

Step 4  **Complete the Online Nutrition Knowledge Questionnaire**
Once you have completed the previous steps, please complete the online nutrition knowledge questionnaire using the link provided. This should be completed after your food diary and activity log. 

 **IMPORTANT REMINDER**
Please choose a selected week and complete all four steps within that same week. Collecting your data in a consistent week helps ensure your results are accurate and meaningful. 

Thank you!
Your time and effort are greatly appreciated. 


Sarah's
MSc Sport &
Exercise Nutrition
-PROJECT-