**Study Timeline**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Time** | **Actual time** | **Hours** | **Assessments** | **Comments** |
| 7 am |  |  | Urine |  |
|  |  |  | Questionnaires |  |
|  |  |  | FOOD |  |
| 7.5 am |  |  | Bloods, ICA & VA |  |
|  |  |  |  |  |
| 8 am |  | 0.5 | Physiological |  |
|  |  |  |  |  |
| 8.5 am |  | 1 |  |  |
|  |  |  | Cognition |  |
| 9 am |  | 1.5 |  |  |
|  |  |  |  |  |
| 9.5 am |  | 2 | Questionnaires |  |
|  |  |  | Blood & Urine, ICA & VA |  |
| 10 am |  | 2.5 | Physiological |  |
|  |  |  |  |  |
| 10.5 am |  | 3 |  |  |
|  |  |  | Cognition |  |
| 11 am |  | 3.5 |  |  |
|  |  |  |  |  |
| 11.5 am |  | 4 | Questionnaires |  |
|  |  |  | Blood & Urine, ICA & VA |  |
| 12 pm |  | 4.5 | Physiological |  |
|  |  |  |  |  |
| 12.5 pm |  | 5 |  |  |
|  |  |  | FOOD |  |
| 1 pm |  | 5.5 |  |  |
|  |  |  |  |  |
| 1.5 pm |  | 6 | Questionnaires |  |
|  |  |  | Blood & Urine, ICA & VA |  |
| 2 pm |  | 6.5 |  |  |
|  |  |  |  |  |
| 2.5 pm |  | 7 | FOOD |  |
|  |  |  |  |  |
| 3 pm |  | 7.5 |  |  |
|  |  |  |  |  |
| 3.5 pm |  | 8 | Questionnaires |  |
|  |  |  | Blood & Urine, ICA & VA |  |
| 4 pm |  | 8.5 | Physiological |  |
|  |  |  |  |  |
| 4.5 pm |  | 9 |  |  |
|  |  |  | Cognition |  |
| 5 pm |  | 9.5 |  |  |
|  |  |  |  |  |
| 5.5 pm |  | 10 | Questionnaires |  |
|  |  |  | Blood & Urine, ICA & VA |  |