UCSF
University of California
San Francisco
in partnership with:
Dana-Farber
Cancer Institute

TOOLS TO BE FIT

Improve cancer survivorship care

Help improve cancer survivorship care

Researchers are testing how best to help people with colon or rectal cancer eat well, be active, and lose weight.

All study participants will receive:

- A physical activity tracker
- Personalized report
- Educational booklet
- Up to $50 compensation

Some participants will receive:

- Text messages
- Diet and exercise logbook
- Health coaching
- Coaching for your support person

To be eligible, you must have:

- Been diagnosed with colon or rectal cancer
- Completed treatment
- Regular access to a smartphone

Where does the study take place?

- This study is being done remotely. You can participate from home.
- You will be asked to visit a LabCorp or Quest Patient Service Center convenient to you at the start and end of the study.

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Questions? Or ready to join?
E-mail: **toolstobefit@ucsf.edu**
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