

# Calling All Snack Lovers!

We're looking for individuals who enjoy munching on snacks outside of regular meals to participate in a **7-day online diary survey** about Malaysian snacking habits and preferences!

## How It Works

To see if you qualify, simply click the link below to fill out a form. If selected, we'll reach out to you and guide you on how to download an app (available on Google Play Store or the App Store) to log your snacks for a week. On the final day, you'll complete a wrap-up questionnaire to share your thoughts. It's that easy!

## Reward for Participation

As a thank-you for your time, you'll receive RM60 credited via Touch 'n Go or mobile credit within 14 days of completing the survey.

## Criteria

- Must be Malaysian (Malay or Chinese)
- Aged between 14 to 60 years
- Residing in Peninsular Malaysia

[Click here to join](#)

# Snack Diary

## What's it about?

We want to know more about the snacks you eat each day.



## How will it work?

Complete an entry every time you have a snack. This means telling us about everything you eat that is NOT part of a main meal. Do this for every snack – it doesn't matter if you buy it, make it, or someone shares it with you. It even includes candies and gum.

If you have a snack, we want you to enter it in the Snack Diary.



## How long will the diary be?

The Snack Diary will run for 7 days, and you will need to make entries every day of that 7 day period. If you miss one day you will be given a day to catch up, but if you miss any more than one day you may be removed from the study.

There is also a short Getting Started survey to complete the day before your 7 day diary opens, and a Wrap Up survey to complete the day after (on Day 8).

## How do I qualify for the reward?

You must complete snack diaries on all 7 days of the diary period to be eligible for the reward for taking part, plus the Getting Started and Wrap Up surveys.

## Terms & conditions

Responses will be reviewed and validated once the Diary is closed. No payments will be paid until validation is complete. Incomplete or poor quality responses will be removed with no reward paid.

