



FLOWER-INSECT TIMED COUNT (FIT Count)

Watch a 50x50cm patch of flowers for 10 minutes and record how many insects visit

1. This survey takes place between the beginning of April and the end of September. Wait for a good day. The weather should be warm and dry.

- If the sky is clear (less than half cloud) the minimum temperature for a count is 13°C
- If the sky is cloudy (half cloud or more) the minimum temperature for a count is 15°C



2. Find a location containing target flowers. Your location can be anywhere e.g., garden, farm, park, school. You will need to watch insects in a 50cm by 50cm square patch

- ✓ Try to select one of these 15 flowers: Buttercup, Dandelion, Hawthorn, Bramble, Lavender, Hogweed, Knapweed, Ragwort, White Dead-nettle, White Clover, Red Clover, Buddleja, Heather, Thistle, Ivy
- ✓ If you cannot find any of these flowers at your location it is fine to choose another flower that is attracting insects



3. Download and open the FIT Count app: [Download Android app](#) from Google Play [Download Apple \(iPhone/iPad\) app](#) from the App Store

4. Start the survey and select your habitat

5. Take a photo of your target flower and fill in the information about your flower patch



6. The timer will start for 10 minutes. Stand close enough to the patch so that you can see insects landing on the flowers but don't lean over the top of the patch as this can prevent insects from visiting



7. Count every insect that **lands on** one of the flowers of your **target species** within the 50x50cm patch. Try to count each individual insect just once. If a bumblebee goes from flower to flower in your patch that just counts as one. Count the total number of insects by tapping on the app screen. Allocate each to one of the 10 different insect groups as best you can (we don't expect you to be an expert). It may be the case that no insects visit in the 10 minutes. This is still a valid result and should be submitted to us.



8. Fill in details about the weather during your count

9. Save your count on the app and upload the data to us. Data can be stored on the app and uploaded at any time. Once uploaded, login to the website to see, edit, or download your FIT Count data: <https://fitcount.ceh.ac.uk/>

10. If you can carry out multiple counts e.g., once a month or even once a week during the year that would be fantastic and will add value to your data. The most useful counts are those that are repeated over time at the same location (or very nearby). You can use different target flowers at different times of year.

If you prefer not to use the app, you can print out a recording form, take a photo of your target flower and submit the data online at: <https://records.biodiversityireland.ie/record/fit-count>