FIT MONITORING – INSTRUCTIONS FOR FLOWER-INSECT TIMED COUNTS

FIT counts are a way to monitor pollinator populations using a quadrat (50 x 50cm square frame) and a simple survey (FIT survey).

It takes about 15 minutes of your time (a 10-minute count) and can be done wherever insects are visiting flowers when the weather is warm and dry, ideally above 13°C.

The more data we collect, the better we can track changes in pollinator populations over time.

How to do it:

1. Take this worksheet and a quadrat with you to a nice flower patch
2. Record the date, location, habitat, and weather conditions
3. Position your quadrat and record the flower patch details
4. FIT count: record the count start time and start your timer (set for 10 minutes). Count every insect that sits or lands on a flower, but please don't count the same insect twice. If you can, please take pictures of the flowers and pollinators you see in the quadrat.
5. Fill out the FIT counts form to report your counts and upload photos

Quadrat (50 x 50 cm) sampling patches of catsear, lavender and rose campion

Thank you for being part of our pollinatorwatch!!

FIT COUNT FIELD WORKSHEET

Record date, location, habitat, weather

Date: _____

Location name: _____

Map coordinates (three decimal places): _____

(Map coordinates can be found on Google maps: On desktop by right clicking when the cursor is over the location, on mobile press and hold)

Habitat: (tick the box that best matches the habitat)

- ☐ Garden, park or school ground
- ☐ Edge of road
- ☐ Farmland
- ☐ Grassland

- ☐ Forest
- ☐ Garry oak meadow
- ☐ Riparian (freshwater) wetland
- ☐ Coastal foreshore

Other habitat (please describe) _____

Weather: (tick the box with the best description)

Temperature: ☐ <10°C   10-15°C   ☐ 16-20°C   ☐ 21-25°C   ☐ 26-30°C   ☐ >30°C

Sky during count: ☐ All/mostly blue   ☐ Half blue/half cloudy   ☐ All/mostly cloudy

Inside the quadrat during the count: ☐ Fully in sunshine   ☐ Partly shaded   ☐ Entirely shaded

Wind (in the area): ☐ Leaves almost still   ☐ Moving gently   ☐ Moving strongly

Position your quadrat record flower patch details

Flower name(s): _____

Flower coverage inside quadrat: ☐ < half the patch   ☐ About half the patch   ☐ > half the patch

Quadrat location: ☐ In a larger patch of the same flowers
☐ In a larger patch of many different flowers
☐ Isolated

> Suggested target flowers:
> Native: camas, sea blush, spring gold, ocean spray, blackberry spp, Nootka rose, Oregon grape, salal, gum weed, any native willow, Douglas' aster, thistle spp
> Introduced: dandelion, buttercup, clover, blackberry spp, lavender, heather, thistle

FIT Count

When you're ready, start your 10 minute timer and tally all the insects that land on a flower in your quadrat until the alarm goes off. **Please take pics of the insects you see.**

Insect group	Tally of number seen: e.g. ⫴⃥| = 6	Total
Bumblebees		
Honeybees		
Solitary bees		
Wasps		
Hoverflies		
Other flies		
Butterflies and moths		
Beetles (> 3mm)		
Small insects (< 3mm)		
Other insects		

If you don't know what type of insect it is, please add to "other insects"

Visit our website to enter your results and upload pictures

www.galiwatch.ca/fitcounts