

Barcode


GoActive study Instructions and Log for activity monitor

The activity monitor is a little red plastic box, worn around the waist on an elastic belt. It will measure human movement and does not interfere with daily activities.

You should wear the activity monitor every day for at least seven days until we collect it from you at school.

You should put it on first thing in the morning and wear it until you go to bed.



The monitor should be worn on the right hip with the black button at the top (see picture). It is important that the belt is fastened tightly so it fits snugly to the body. If it is loose, the measurements will be inaccurate.



The activity monitor is **not waterproof** so you must not wear it when they take a shower/bath or go swimming. Whenever you need to remove the monitor, please re-attach it as soon as you can (and record these times on the diary on the back of this sheet).

Please make sure you return the monitor with your food diary to us at school on the agreed day (**INSERT DAY FOR COLLECTION**) so that the data is not lost and others can take part in the study.

If you have any problems or any queries, please contact the GoActive research team on: (freephone) **0800 7310278 or email at goactive@mrc-epid.cam.ac.uk**

Many thanks for your participation in this study.

Activity Monitor Log

When did you start wearing the monitor?

Date: _____ **Time:** _____

Sometimes you will have to remove the activity monitor:

If you take off the monitor during the day (for example when you go swimming or take a bath), please write down when you have taken the monitor off, when you put it back on and why you took it off

	Time taken off	Time put back on	Comments (reason taken off)
<i>Example</i>	<i>12.45pm</i>	<i>14.15</i>	<i>Swimming</i>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

PLEASE RETURN THIS FORM TO US WITH YOUR ACTIVITY MONITOR!