



How to Wear the Activity Meter

This small activity meter records general movement and allows us to get a better idea of your overall activity level. We will **not** be able to tell what kind of specific activity is happening. At first, the belt may feel slightly awkward, but after a few hours, you will probably get used to it and not notice it as much. It is **extremely** important for our study that you wear the meter properly. If it is not worn properly, we may have to send it back for you to wear again. Please follow these instructions carefully:

- ✪ Wear the meter attached to the belt around your waist, just above your **right** hipbone. You can wear it either underneath or on top of your clothing.
- ✪ Wear the meter so that the star sticker is facing **up**.



- ✪ Wear the meter **snug** against your body. If you have to, you can adjust the belt by pulling the end of the strap to make it tighter. Or, to loosen the belt, push more of the strap through the loop. **Wear the belt tight enough so that the meter does not move when you are being active.**
- ✪ Please **put it on first thing in the morning** -- either just after you get out of bed or just after you shower or take a bath in the morning.
- ✪ **Do not submerge the meter in water** (swimming, bathing, etc.)
- ✪ Keep the activity meter on all day (unless swimming or in the water).
- ✪ At night, **take it off right before you go to bed. You should be wearing the meter for *at least* 12 hours each day.**
- ✪ Do not let anyone else wear it.

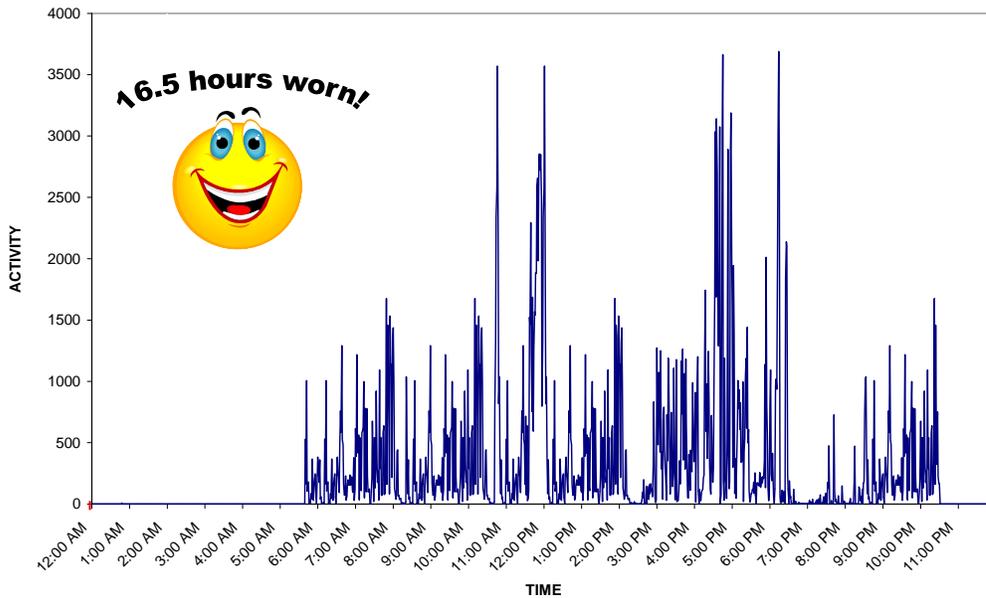
- ✪ **The meter has a very short battery life.**
- ✪ **The last full day that it will work is _____.** If you cannot begin wearing it by _____, please call **1-877-440-4832 as soon as possible!**

There is no "ON" or "OFF" switch that you need to worry about turning on or off every day. The activity meter runs on a battery and is programmed to run continuously without you needing to turn it on. Please do not try to open the activity meter.

How Long You Should Wear Your Movement Meter

When you send your meter back, we will see how many hours you wore it each day. If we see that you didn't wear it for **at least 7 days, for at least 12 hours per day**, we may have to send it back for you to wear again.

Check out the graphs below to see some examples of how you should and shouldn't wear the meter.

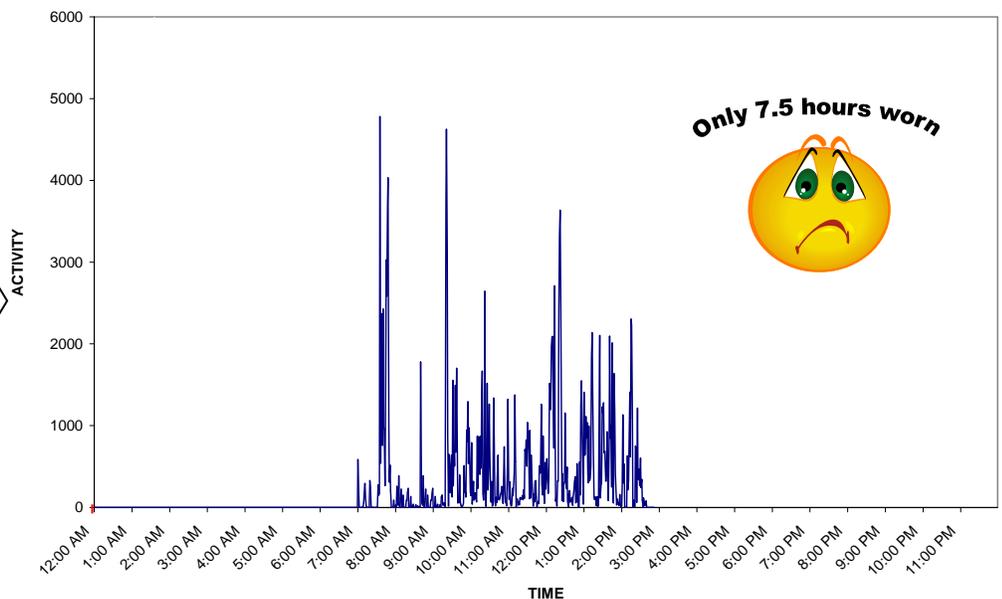


This person did a great job of wearing their meter!

As you can see on the graph, they put it on when they woke up at about 6:00 in the morning, and kept it on until about 10:30 at night.

This person would have to wear the meter again.

They put it on when they woke up at about 7:00 in the morning, but took it off at about 2:30 in the afternoon.



If you have any questions about your meter, or if you would like your own copy of your graph, please let us know by calling 1-877-440-4832. We would be glad to help!