



# Meter Log

Wear the movement meter for seven (7) consecutive days.\* In the table below, write down the dates and days on which you wear the meter. Note the times, including "a.m." or "p.m." that you put it on and take it off during each day. Below is a sample entry:

<b>Date</b>	Feb. 23, 2009	
<b>Day</b>	Monday	
	<b>On</b>	<b>Off</b>
	7:30 a.m.	11:00 a.m.
	11:15 a.m.	10:45 p.m.

We have included extra spaces/rows just in case you need to take the meter off during the course of the day. If you take the meter off for more than 5 minutes, such as showering, record when you take it off and put it back on.

Date														
Day														
	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>	<b>On</b>	<b>Off</b>

\*If you are unable to wear the meter for seven (7) consecutive days, make up the day at the end of the week.

<b>FOR OFFICE USE ONLY</b>	Serial Number _____
	Date Initialized _____
Participant ID _____	