



## Instructions for Wearing the Activity Meter

This small activity meter records general movement and allows us to get a better idea of your overall activity level. It is **not** a tracking device, and 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. 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 **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.**
- ✦ Do not let anyone else wear it.

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.