

## Place Log Instructions

1. Include all of the places your child was at for 15 minutes or more.
  - a. Record the time as close to the actual time as possible.
  - b. Provide as much information as you can about the address or location.
2. We want to get a measure of *everyday activity*, so please try to do things as usual. Don't try to increase (or decrease) activity. Do not change your eating during this week.
3. See the back of this sheet for guidelines on what defines a 'place', and how to deal with special circumstances.

**Use the table provided for addresses of places your child spends a lot of time:**

Place #:	Place Name:	Address:
1	Home	
		Number                      Street                      City
2	School	
		Number                      Street                      City

### *Place Log – Your Sample*

(Circle Day) **Mon Tues Wed Thurs Fri Sat Sun**                      Date \_\_\_\_\_

<b>Time child put the meter on:</b>		<b>am / pm</b>	
	Place Name or Number	Place Address	Time child got there...
Where child woke up:		Number (or Nearest Cross Street)      Street                      City	Time child woke up:
Where child went next...			
Where child went to bed:			Time child went to bed:
<b>Time child took the meter off:</b>		<b>am / pm</b>	
<b>Time removed during the day (e.g. 10:30-11am):</b> _____			
<b>Why removed:</b>			

# Place Log Instructions

## Instructions:

1. Help your child to remember to put the meter on as soon as they wake up everyday. Use the stickers on mirrors, backpacks, or other places around your home as reminders. Remember, if your child doesn't wear the meter for *at least 10 hours every day* they will have to wear it again later.
2. Help your child to remember to take the meter off before showering, swimming, or any other water activities. *Refer to the meter instructions for other details of wear.*
3. Record:
  - a. Time your child put the meter on
  - b. Where your child went through the day and time they got there
  - c. Time your child took the meter off*Use extra recording pages, if needed*

## Definitions:

1. Place: A place is any location your child is at for 15 minutes or more. This could include school, daycare, a friend's house, the library, a movie theater, a park, the YMCA, a restaurant or grocery store...we want to know all of the places your child spends time throughout the day. *Not Included:* in the car (even if it is for more than 15 minutes), bus, etc. as we cannot identify these as a *specific place on a map.*
2. Home: inside the house, in the yard, and street or sidewalks near the home (within approximately 50 yards—this is the width of a soccer field). If you live in a cul-de-sac, the cul-de-sac is included. The neighbor's house is separate. Any parks or other locations next to your home are separate.
3. "In the Neighborhood": use this label (no address needed) for periods of time that your child is active in the area around your home or neighborhood, but not at a specific place. Examples include, walking or riding around the block or playing in a cul-de-sac or area more than 50 yards from the house. If your child is at a friend or neighbor's house or park, this would be considered a specific place with an address.

## Special Circumstances:

1. Multiple Homes: If your child stays at more than one home during the week, they will continue to wear the meter and record in the meter log while at the other home. Be sure to let an adult in the other home know the procedure and encourage them to help remind or assist your child with wearing the meter or recording in the log. The research staff can provide extra instruction sheets or tables for frequently visited places, if needed (label the child's primary residence as 'home #1' and secondary residence as 'home #2'). **As the study is based on the neighborhood where the child lives 5 or more days per week, be sure to let the research staff know if your child will be away from home for more than 2 days in the week they are wearing the meter.** In this case, staff will try to reschedule the week your child wears the meter to reflect activity in the chosen neighborhood.
2. Vacations: We will not be recording activity or food consumption during vacations. There are a few reasons for this: a) we have chosen your family based on the neighborhood where you live and are active, so vacation time would not capture your activity in your neighborhood, b) activity on vacations tends to be very different than activity at home, c) you're on vacation!