



Red Activity Monitor Instructions

We are asking you to wear a small device (red activity monitor) on your waist just above your right hip bone for eight straight days.

The red activity monitor is used in research studies to understand how a person spends their day being active or sitting still. It is very similar to a pedometer, or step counter that you might have worn or seen in the store.



How Do I Wear the Red Activity Monitor?

Each Day:

- ✓ Wear the red activity monitor snugly on your waist, using the black elastic belt or belt clip.
- ✓ Wear the red activity monitor just above your right hip bone.
- ✓ Keep the red activity monitor on the ***entire time that you are awake.***



Other Wear Tips

- ✓ Try to wear the red activity monitor in the same place, every day.
- ✓ Please do not cut or permanently change the black elastic belt.
- ✓ Remove the red activity monitor any time you shower/bathe or participate in water activities, like swimming. If it gets wet in the rain, that's OK.
- ✓ If you miss a day, as soon as you remember, put the red activity monitor on and finish up the eight days. It's OK if you need to wear the red activity monitor for an extra day or two.
- ✓ The monitor is expensive, and care should be taken not to misplace or damage it. If something happens to the device, please call _____ at _____, immediately.



REMEMBER: For this study, we are not asking you to change your normal physical activity; rather we'd like for you to go about your normal daily routine as usual while you are wearing the device.

Returning the Red Activity Monitor

Please use the **Return Checklist** (other side) to remind you what to send back to us. Using the pre-paid and addressed return envelope that we gave you during your visit, please return the red activity monitor, participant diary, and the black elastic belt or belt clip with the Return Checklist. That's it!

Questions?

If you have any questions after you have returned home, please call _____ at _____, immediately.

Return Checklist

Please carefully complete this checklist before returning or mailing back the red activity monitor and this sheet to us in the pre-paid and addressed padded envelope that we gave you at your exam visit. These items should be returned to us immediately after you have worn the red activity monitor for 8 straight days.

During the 8 days, please:

- Wear the red activity monitor on your waist over your right hip for **the entire time you are awake for 8 straight days.**
- Each day, in your **Participant Diary**:
 - ✓ Check off that you wore your red activity monitor for the entire day, each day.
 - ✓ If the red activity monitor was not worn for the entire day, please indicate why.
 - ✓ Record the clock times corresponding to when you got into and out of bed.
 - ✓ If you took a nap, record the date and time the nap started and ended.

After you have worn the red activity monitor for 8 days, please return the following items in the pre-paid, pre-addressed envelope:

- Participant Diary
- Return Checklist (i.e., this form)
- Red activity monitor and black elastic belt or belt clip →



Thank you for participating in the MESA 24H-ACT Study!