

Moving Across Places Study. Activity Daily Log. Please fill out this log at the end of each day for the week you wear the devices.
 For each day, answer questions 1 to 4f.

	ID# _____	1	2	3a	3b	4a	4b	4c	4d	4e	4f
Day #	Motion meter# _____ GPS# _____ Today's Date ___/___/___	Time put motion meter on	Time took the motion meter off	Did you wear the motion meter all day?	If NO, how many minutes was it off?	Did you swim or lift weights this day?	If YES, for how many minutes did you swim or lift weights?	Did you bike this day?	If YES, for how many minutes did you bike this day?	Did you walk at a brisk pace this day?	If YES, for how many minutes did you walk briskly this day?
	MONDAY			Yes No		Yes No		Yes No		Yes No	
	TUESDAY			Yes No		Yes No		Yes No		Yes No	
	WEDNESDAY			Yes No		Yes No		Yes No		Yes No	
	THURSDAY			Yes No		Yes No		Yes No		Yes No	
	FRIDAY			Yes No		Yes No		Yes No		Yes No	
	SATURDAY			Yes No		Yes No		Yes No		Yes No	
	SUNDAY			Yes No		Yes No		Yes No		Yes No	

Remember!! Have the motion meter, GPS and completed log with you at the exit interview scheduled: _____

Participant Instructions for the Motion Meter Moving Across Places Study



Model GT3X+ 1

We are interested in whether activity levels differ depending on where you live and how you travel. This device measures motion intensity (it is an accelerometer). For example, it records bigger numbers if you are running rather than walking. We do not want you to change your activities at all for this study.

Here are the important rules for the motion meter:

- No recharging or resetting needed for the motion meter
- Wear it snugly around your waist
- Position it around your waist on the right or left side as shown in the picture below
- If you prefer, you can wear it in around your waist in front, positioned over your knee; just wear it in the same position every day
- Wear it over or under clothing
- Take it off to shower, swim, or otherwise get in water
- Wear it when awake. You can take it off or leave it on at bedtime—your choice
- Remember to wear it every day! If you forget, put it on as soon as you can and record wearing time on your **Activity Daily Log**.
- The unit emits one green flash about every 3 seconds (peek under the belt to see). Contact us if it has stopped flashing, flashes rapidly, or flashes red.

The researchers will show you highlights of your data at the end of the week. Remember to wear it at least 12 hours a day, a minimum of 5 days a week to receive your \$50.00 at the end of the week (otherwise, we can only provide \$15.00). If someone around you is wearing one, please do not mix up the units. Please contact us with any questions. We appreciate your participation.

Project Manager Angela Stefaniak 801-587-5664, email: angela.stefaniak@fcs.utah.edu

Dr. Barbara Brown 801-581-7111, email: Barbara.brown@fcs.utah.edu

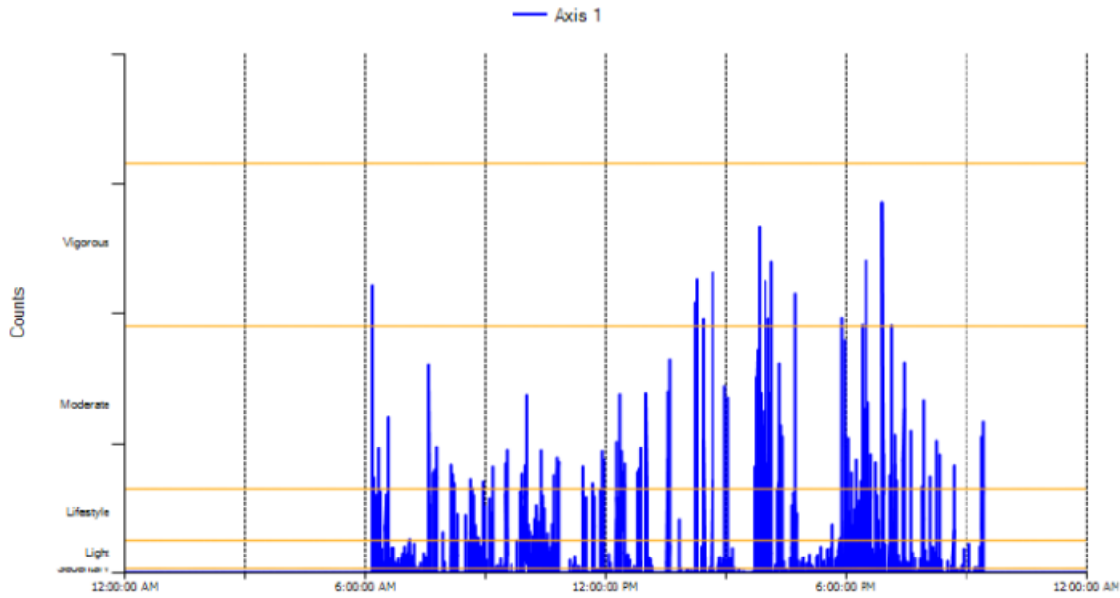


The motion meter can be worn on the side

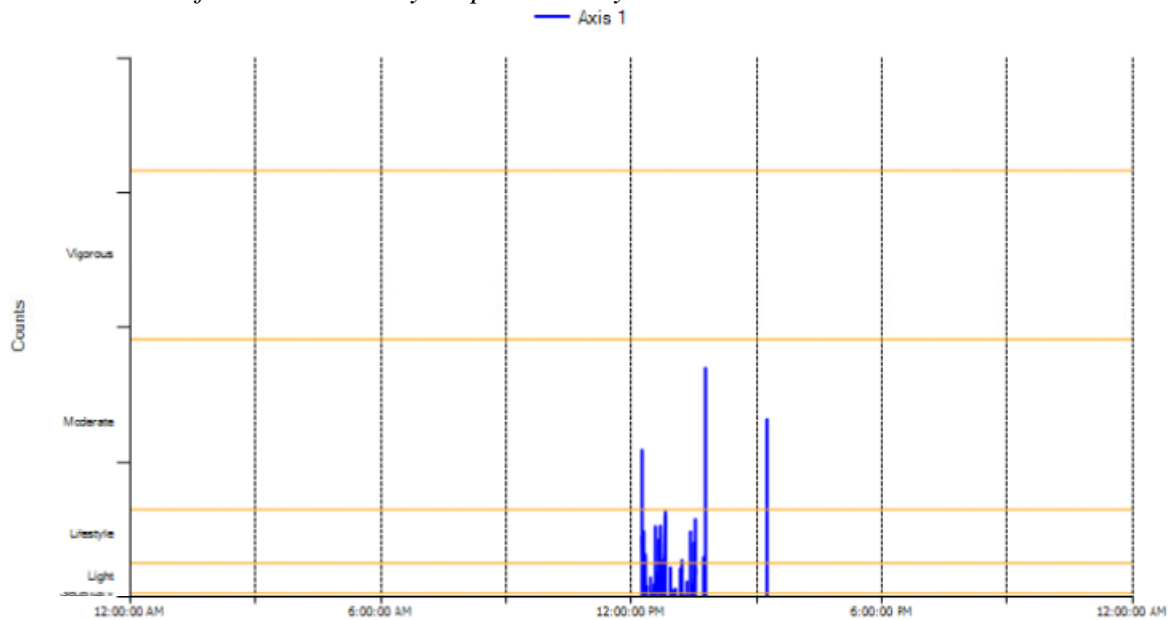


Both the GPS & the motion meter can be worn this way

Moving Across Places Study: What the motion meter tells us



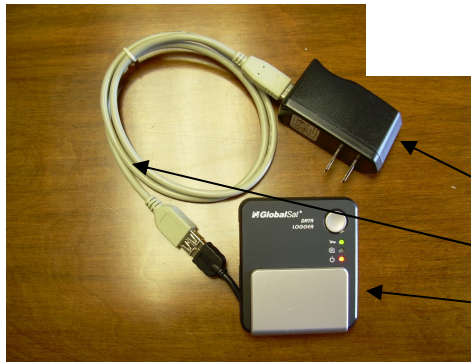
The above graph shows a participant wore the motion meter from about 6 AM to 10 PM, a perfect 16 hours of wear time! This amount of wear time really helps our study.



The graph above shows that a participant wore the motion meter for only 3 hours, from noon to 3 PM. This day would not count because it does not meet our 12 hour per day wear time, and the participant may be asked to wear the device for additional days.



MAPS: Moving Across Places Study



Each has three parts

Charger for GPS device

Cable to connect GPS device to charger

GPS (global positioning system) device

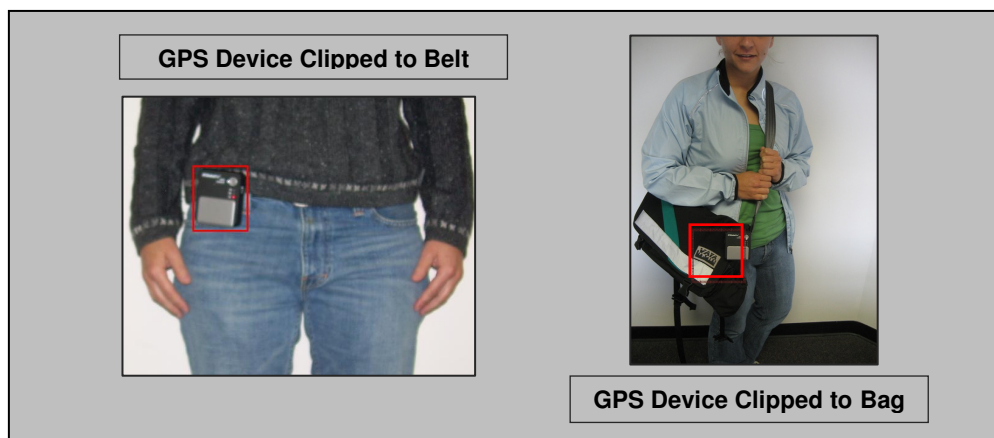
When do I wear or carry the GPS device?

- Wear or keep the GPS device with you throughout the day.
- Wear the GPS device whenever you are outside** of any building, including your home, office, school, gym, stores, or other buildings.
- Wear the **GPS device** when you are in a car, on the bus, or when you walk, jog or bike.
- If you play tennis, soccer, or other outdoor sports, you may take the **GPS device** off and place it next to the court or field facing up.
- You do not need to wear the **GPS device** when you are inside, but remember to put it back on when you go outside.
- Recharge the GPS device every evening** once you are home for the night to keep the battery fully charged.

How do I wear or carry the GPS device?

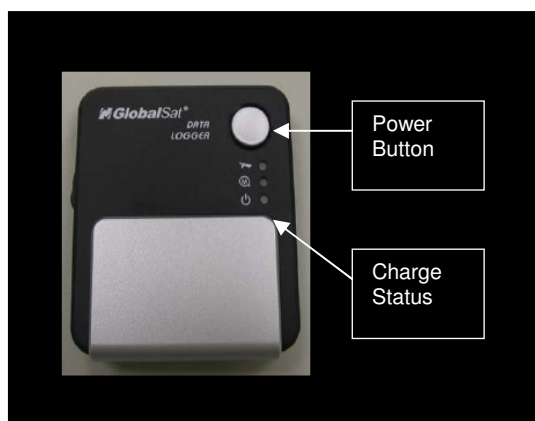
GPS Device

- Clip the GPS device on the waistband or belt of your pants or skirt.
- Clip the GPS device to a purse or backpack.



Please recharge the GPS device every night.

When fully charged, the charge status light turns from amber to red.



1. Plug one end of the black or white cable (larger end) into the cable on the side of the GPS.

2. Connect the opposite end (smaller end) of the black or white cable into the wall plug adaptor, and plug the adaptor into the wall.

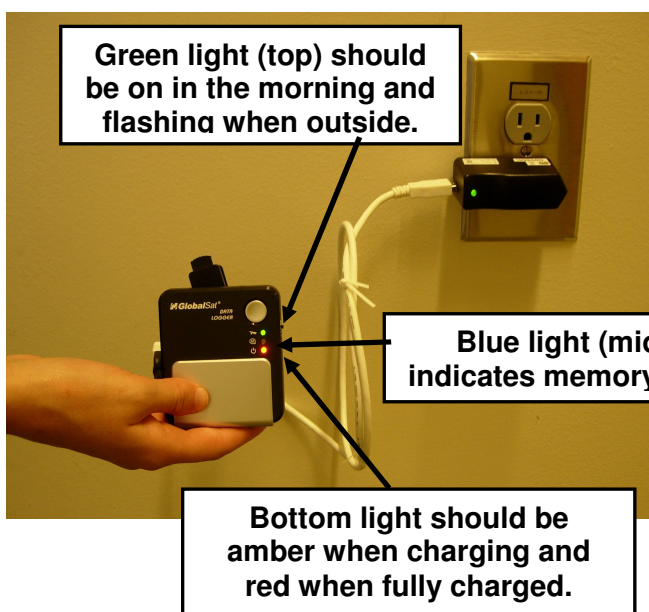
3. When the adaptor is plugged in, the bottom light on the GPS device will be amber indicating that it is charging. The light will be red in the morning when the device is fully charged.

4. Unplug the GPS device in the morning, and make sure the green light (top light) is on. **If the green light is not on, turn the device off by holding the silver power button for three to five seconds. All of the lights should turn off. Then press and hold the power button for three to five seconds (again) to turn the device back on (all 3 lights will flash - green, blue and red) when the device turns on.**

5. The green light means the device is ready to collect data. Please make sure the device is turned on every morning and whenever you are outdoors. **The red light should be on and the green light should be on or flashing.** If these lights are not on, press and hold the silver power button to turn the device on.

6. The mode switch on the side of the device can be set to A, B or C.

7. While being worn, the red light should be solid, with a green light flashing or solid. If the blue light begins flashing or turns solid at any time during your study period, please record the approximate date/time the change occurred in the comments section of your activity log.



What do the light buttons mean?

Flashing Green	--GPS is receiving satellite signals
Steady Green	--GPS is seeking satellite signals
Solid Red	--Device is powered on
Flashing Amber	--Device has low battery power
Solid Amber	--Battery is being charged
Flashing Blue	--Memory is 2/3 full
Solid Blue	--Memory is full

If you have any questions, or if the GPS does not appear to be working correctly, please give us a call at:
801-587-5664