



Physical Activity Monitor

TeenFocus3

At TeenFocus3 you will have been given a Physical Activity pack with a reusable Actigraph Physical Activity monitor, a card to take to school, an instruction sheet, a time sheet and a pre-paid envelope to post the reusable Actigraph and timesheet back to us.

The reusable Actigraph is a little plastic box that is worn around the waist. It is designed to measure physical activity by measuring and recording all your movements. *Your should wear the reusable Actigraph every day for seven days starting the day after your TeenFocus3 visit.* You should put it on first thing in the morning and wear it until you go to bed. It is important that the reusable Actigraph is fastened tightly to the body and has no free movement. The reusable Actigraph does not interfere with daily life – we would like you to behave just as you would do normally.

Please ensure you record on the time sheet, the time you first put the reusable Actigraph on in the morning and any times that you take it off (including when you go to bed), and put it back on. If you forget to wear the reusable Actigraph at any time, please put it back on as soon as you remember and record the time on the timesheet.

At the end of the seven-day period, we would be most grateful if you could post the reusable Actigraph and timesheet back to us in the pre-paid envelope provided. It is important that we receive it back as soon as possible.

It is expected that we will gain valuable information from this study that will improve our understanding of the activity habits of young teenagers. We also hope to use this information in relation to their body size, physical fitness, lung function and the activity information we have collected at previous visits. There are no discernible risks for taking part in this study. Reusable Actigraphs are completely safe to use.