

Acknowledgments must be given to MCS Physical Activity Monitoring Team, MRC Centre of Epidemiology for Child Health, UCL Institute Child Health and the Millennium Cohort Study Team at the Centre for Longitudinal Studies, Institute of Education, University of London.



Physical Activity Monitoring

Summary of key points

Child of the New Century Age 7 Survey

Your child should wear the monitor...

- Every day for 7 continuous days starting the morning after received
- At all times from first thing in the morning to last thing at night – except when swimming, in the shower or in the bath.
- On the belt on top of the right hip (on the 'bony' part of the hip)
- On top of light indoor clothing (or against skin if preferred)
- Tightly but comfortably against body (not 'flopping around')

You should record on the timesheet (on the back of this form)...

- The dates that the monitor was worn
- The times that the monitor was put on in the morning and taken off at night
- Any periods spent swimming or cycling (the monitor should still be worn during cycling)
- Any other periods when the monitor is not worn
- Whether the week the monitor was worn was a typical week in terms of your child's activity levels

You should also...

- Fill in and give the letter about the activity monitor to your child's class teacher (if your child is at school during the 7 day monitoring period)
- Return the activity monitor, belt, and completed timesheet **as soon as possible** after the 7 day period in the pre-paid envelope provided

We will...

- Send your child a certificate and a summary of their activity within 4 weeks after the monitor is sent back
- Treat the information collected by the monitor and recorded on the timesheet in strict confidence in accordance with the Data Protection Act.
- Answer any questions you may have. If you have any questions or problems with the monitor or timesheet, please call Carly Rich from the Institute of Child Health on 0800 030 4124 (free phone)



Timesheet

	Example	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date	10/05/08							
Time put on in morning	7:45am	:	:	:	:	:	:	:
Time taken off at night	8:30pm	:	:	:	:	:	:	:
How many minutes spent swimming	0							
How many minutes spent cycling	65							
How many additional minutes not worn (i.e. they forgot, did not want to wear it)	45							

Was this week typical for your child in terms of their usual activity? Yes / No

IF NO: why not? (e.g. sprained ankle on day 3, not at school)

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