

01/07/10 EXAMPLE OF LETTER TO BE SENT TO PARTICIPANT

Last Name, First Name

Street.

Town, ST zip code

Clinic Exam Date: 07/22/08

ACTIVITY REPORT

Minutes of physical activity accumulated in each intensity category:

DAY#	Sedentary	Light	Moderate to
	Minutes	Minutes	Vigorous Minutes
2	343	81	1
3	748	144	29
4	726	211	16
5	581	155	52
6	641	137	1
7	536	216	61
8	378	136	48

These are estimates based on data collected for research purposes only, assuming that the device was worn for 7 full days.

Current physical activity guidelines recommend that adults accumulate 30 minutes of moderate to vigorous physical activity per day (such as brisk walking) on 5 or more days of the week.

If you have any questions, please contact Mrs. Maureen Valentino, the Framingham Heart Study Participant Coordinator, at 508-935-3417.

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