**Instructions for Completing the Accelerometry Component**

* Proper use of device
* How to complete the diary (separate instructions for adults and youth?)
* How/where to mail the device upon completion

1. The ActiGraph can be worn either over or under clothing, whichever is most comfortable to you. The meter does not need to be in direct contact with your body. However, it is essential that the ActiGraph be positioned snugly enough against your body that it cannot flop around.
2. You will be instructed on how to wear the ActiGraph. The ActiGraph will be given to you already threaded onto the elastic belt. You should wear the ActiGraph with the elastic belt fastened around the waist with the unit positioned over the **right** hip bone. You should not wear it in any other way, including:

• NOT in any pockets of clothing

• NOT in a backpack or handbag

• NOT in a car glove compartment or trunk

• NOT when you are spending the night outside of your neighborhood

1. You should wear the unit all day while you are awake. The only times you should remove the unit are when you go to bed at night, or if the unit would become completely wet (e.g. swimming, showering).
2. Instructions have been given to you along with the diary describing how to wear the device. The graphs on the last page below are used to help you know what we look for when deciding on the need for a re-wear (whether the day is considered complete).



XXX-XXX-XXXX

we may not be able to use the activity data from that day.



XXX-XXX-XXXX

not be able to use the activity data from that day.

**Example handout for participants**

The page on top is for wear instructions;

The page on the bottom is used to help them understand compliance expectations