Form Approved

OMB No. 0920-xxxx

Exp. Date xx/xx/xxxx

**Instructions for Completing the Accelerometry Component**

Public reporting burden of this collection of information is estimated to average 20 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. An agency may not conduct or sponsor, and a person is not required to respond to a collection of information unless it displays a currently valid OMB control number. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to CDC/ATSDR Reports Clearance Officer; 1600 Clifton Road NE, MS D-74, Atlanta, Georgia 30333; ATTN: PRA (0920-xxxx)

* 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