Form Approved OMB No. 0920-xxxx Exp. Date xx/xx/xxxx

Adult Activity Diary



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)

INSTRUCTIONS FOR USING THE ADULT ACTIVITY DIARY

The Adult Activity Diary is a set of papers that you will use to keep track of (1) whether you wore the activity monitor, (2) where you were, and (3) the reason you walked or biked, if applicable. In the top part of the diary you will write the date, indicate if this was a work day, write the time you got out of bed in the morning, indicate whether the monitor was taken off during the day, and write the time you went to bed in the evening. In the bottom part of the diary you will circle the most appropriate response to the questions.

Please write clearly and fill out the Activity Diary the best you can.

Please make sure to fill out the Activity Diary every day—do not wait until the end of the week and try to remember your activity. If you have any questions about how to use the Activity Diary, please contact

We need to know if you <u>wore</u> the activity monitor, where you were most of the time, and if you <u>biked</u> or <u>walked</u>. If you biked or walked, we would like to know why and for how long.

• If you wore the activity monitor most of the time during the specific time of day, please circle "Yes" in the column labeled "Did you wear the monitor."

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- If a time of day is split equally between 2 options for "Most of the time, <u>where</u> were you?" (e.g., half at work and half at home), then select the option that occurred first.
- If you biked any time during the specified time period, please circle "Yes" for the column labeled "During this time, did you <u>bicycle</u>?" and indicate the reason for bicycling and how many minutes you biked during the time period.
- If you walked any time during the specified time period, please circle "Yes" for the column labeled "During this time, did you walk?" and indicate the reason for walking and how many minutes you walked during the time period.

Example:

- You got out of bed at 7:00 in the morning (on a weekday) and started getting ready for work. You took a shower at 7:45 and put the monitor on at 8:00 in the morning.
- At 8:30 in the morning you arrived at work.
- You walked to the deli to pick up lunch (12:10– 12:20).
- You left work at 5:30 in the evening.
- You had dinner at 6:30 in the evening.
- You and your child walked to the corner store from 7:30 to 7:50 in the evening.
- You did not bike at all during the day or evening.
- You went to bed at 11:30 in the evening.

You would need to write on your Activity Diary as indicated in the example to the right.

- 1. Was this a work day? (circle one) (YES)
- 2. What time did you get out of bed in the morning? ______ 7: _____
- 3. Did you take off the monitor during the day? (circle one) YES (NO)

If yes, when (time) _____: ____ and why (circle one) Swim Shower Other, specify:

NO

4. What time did you get into the bed in the evening? _____ : ____ ____

Time of day	Did you <u>wear</u> the Monitor? (circle one)	Most of the time, <u>where</u> were you? (circle one)	During this time, did you <u>bicycle</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school
Early morning (5:01am – 9:00am)	Yes No	Other, specify:	Yes - for leisure min - for transportation min - for other reason min No	Yes - for leisure min - for transportation min - for other reason min No
Morning (9:01am - 11:00am)	Yes No	Home Work Other, specify:	Yes - for leisure min - for transportation min _ for other reason min (No)	Yes - for leisure min - for transportation min - for other reason min No
Lunch time (11:01am - 1:00pm)	Yes No	Home Work Other, specify:	Yes - for leisuremin - for transportationmin - for other reasonmin No	for leisuremin - for transportation <u>∠</u> _ min - for other reasonmin No
Afternoon (1:01pm - 5:00pm)	Yes No	Home Work Other, specify:	Yes - for leisure min - for transportation min _ for other reason min (No)	Yes - for leisure min - for transportation min - for other reason min (No)
Dinner time (5:01pm - 8:00pm)	Yes No	Other, specify:	Yes - for leisure min - for transportation min _ for other reason min (No)	Yes) - for leisuremin - for transportation <u>2 0</u> min - for other reasonmin No
After dinner (8:01pm – 10:00pm)	Yes No	Home Work Other, specify:	Yes - for leisure min - for transportation min _ for other reason min _ No	Yes - for leisure min - for transportation min _ for other reason min (No)
Bed time (10:01pm - midnight)	Yes No	Other, specify:	Yes - for leisuremin - for transportationmin - for other reasonmin	Yes - for leisure min - for transportation min _for other reason min No
Middle of the night (12:01pm - 5:00am)	Yes No	Home Work Other, specify:	Yes - for leisure min - for transportation min for other reason min No	Yes - for leisure min - for transportation min - for other reason min (No)

Adult Activity Diary

Study ID # 2222

Date (month / day / year)		<u>2</u>	0						
1. Was this a work	dav? (circ	cle one)	YES NO		Study ID #				
2. What time did y				:	Study ID #				
3. Did you take off the monitor during the day? (circle one) YES NO									
If yes, when (tim	ne)	:	and why (circle c	ne) Swim Shower Other, speci	fy:				
4. What time did you	ı get into tl	he bed in t	he evening?	:					
				During this time, did you <u>bicycl</u> (circle Yes or No; if Yes, specif activity time(s))					
		u <u>wear</u>	Most of the time,	By "transportation" we mean going f	rom By "transportation" we mean going from				
The second stars	the Mo		where were you?	place to place to do errands, shop, g					
Time of day	(circle	e one)	(circle one)	work or school	work or school				
Early morning (5:01am – 9:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
Morning (9:01am - 11:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
Lunch time (11:01am – 1:00pm)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
Afternoon (1:01pm – 5:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisuremin – for transportationmin – for other reasonmin No				
Dinner time (5:01pm – 8:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
After dinner (8:01pm – 10:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No				
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work	Yes – for leisure min	Yes - for leisure min				

			Other, specify: 	 for transportation min for other reason min No 	 for transportation min for other reason min No
			Α	dult Activity Diary	
Date (month / day				<u>:0</u>	
1. Was this a work	-			Stu	ıdy ID #
2. What time did ye	•		·	·	
 Did you take off If yes, when (time 	the monit	tor during	the day? (circle one	e) YES NO one) Swim Shower Other, specify:_	
			he evening?		
4. What time did you			ne evening:		
				During this time, did you <u>bicycle</u> ? (circle Yes or No; if Yes, specify activity time(s))	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s))
	Did you the Mo		Most of the time, <u>where</u> were you?	<i>By "transportation" we mean going from place to place to do errands, shop, go to</i>	<i>By "transportation" we mean going from place to place to do errands, shop, go to</i>
Time of day	(circle		(circle one)	work or school	work or school
Early morning (5:01am - 9:00am)			Home Work	Yes – for leisure min	Yes – for leisure min
(5.010111 5.00011)	Yes	No	Other, specify:	– for transportation min	– for transportation min
				– for other reason min No	– for other reason min No
Morning			Home Work	Yes	Yes
(9:01am - 11:00am)	Yes	No	Other, specify:	 for leisure min for transportation min 	 for leisure min for transportation _ min
				– for other reason min	– for other reason min
Lunch time			Home Work	No Yes	No Yes
(11:01am - 1:00pm)	Vac	Na		- for leisuremin	- for leisure min
	Yes	No	Other, specify:	 for transportation min for other reason min 	– for transportation min – for other reason min
Afterneen				No	No
Afternoon (1:01pm – 5:00pm)			Home Work	Yes – for leisure min	Yes - for leisure min
	Yes	No	Other, specify:	 for transportation min for other reason min 	 for transportation min for other reason min
				No	No
Dinner time (5:01pm – 8:00pm)			Home Work	Yes – for leisure min	Yes – for leisure min
(e.e.phi) croopiny	Yes	No	Other, specify:	- for transportation min	– for transportation min
				– for other reason min No	– for other reason min No
After dinner			Home Work	Yes	Yes
(8:01pm – 10:00pm)	Yes	No	Other, specify:	 for leisure min for transportation min 	 for leisure min for transportation min
				– for other reason min No	– for other reason min No
Bed time	Yes	No	Home Work	Yes	Yes
(10:01pm – midnight)			Other, specify:	- for leisuremin - for transportationmin	– for leisure min – for transportation min
				- for other reason min	- for other reason min

				No	No
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes - for leisure min - for transportation min - for other reason min No
			Α	dult Activity Diary	
Date (month / da	y/year)		2	0	
1. Was this a work	-		YES NO		Study ID #
-	-		n the morning?		
			g the day? (circle one and why (circle o		ecify:
			he evening?	-	
				During this time, did you <u>bicy</u>	cle? During this time, did you <u>walk</u> ?
				(circle Yes or No; if Yes, spec	cify (circle Yes or No; if Yes, specify
	Did you	weer	Most of the time,	activity time(s)) By "transportation" we mean going	g from By "transportation" we mean going from
	the Mo		where were you?	place to place to do errands, shop,	
Time of day	(circle	one)	(circle one)	work or school	work or school
Early morning (5:01am – 9:00am)			Home Work	Yes – for leisure min	Yes – for leisure min
(,	Yes	No	Other, specify:	- for transportation min	– for transportation min
				– for other reason min No	– for other reason min No
Morning (9:01am – 11:00am)			Home Work	Yes – for leisure min	Yes - for leisure min
(9.01am - 11.00am)	Yes	No	Other, specify:	- for transportation min	- for transportation min
				– for other reason min No	– for other reason <u> </u>
Lunch time			Home Work	Yes	Yes
(11:01am – 1:00pm)	Yes	No	Other, specify:	 for leisure <u> </u>min for transportation <u> </u>min 	– for leisure min – for transportation min
				– for other reason min	 for other reason min
Afternoon			Home Work	No Yes	No Yes
(1:01pm – 5:00pm)	Yes	No	Other specify	 for leisure <u></u>min for transportation min 	– for leisure min – for transportation min
	Tes	NO	Other, specify:	- for other reason min	- for other reason min
Dinner time			Homo Work	No	No
Dinner time (5:01pm – 8:00pm)			Home Work	Yes - for leisure min	Yes – for leisure min
	Yes	No	Other, specify:	 for transportation min for other reason min 	 for transportation min for other reason min
				No	No
After dinner (8:01pm – 10:00pm)			Home Work	Yes – for leisure min	Yes – for leisure min
(l	Yes	No	Other, specify:	- for transportation min	– for transportation min
				– for other reason min No	– for other reason min No

Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No

Study ID # _____

Date (month / day / year) _____ 20___

- 1. Was this a work day? (circle one) YES NO
- 2. What time did you get out of bed in the morning? _____
- 3. Did you take off the monitor during the day? (circle one) **YES NO** If yes, *when* (time) _____: ____ and *why* (circle one) Swim Shower Other, specify:______
- 4. What time did you get into the bed in the evening? _____ : _____:

,					
Time of day	Did you the Mo (circle	nitor?	Most of the time, <u>where</u> were you? (circle one)	During this time, did you <u>bicycle</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school
	(circle	one)			
Early morning (5:01am – 9:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Morning (9:01am - 11:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Lunch time (11:01am – 1:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Afternoon (1:01pm – 5:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Dinner time (5:01pm – 8:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes - for leisuremin - for transportationmin - for other reasonmin No
After dinner	Yes	No	Home Work	Yes	Yes

(8:01pm - 10:00pm)			Other, specify: 	 for leisure min for transportation min for other reason min No 	 for leisure min for transportation min for other reason min No
Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes – for leisure min – for transportation min – for other reason min No

Date (month / day	y/year) _			2	0				
 Was this a work What time did y 	vou get out	of bed in	n the mornin	ig?		Stud	dy ID #		
 3. Did you take off the monitor during the day? (circle one) YES NO If yes, <i>when</i> (time): and <i>why</i> (circle one) Swim Shower Other, specify: 4. What time did you get into the bed in the evening?::: 									
4. What time did you	u get into the		ne evening: _			1.2			
Time of day	Did you the Mor (circle	nitor?	Most of th <u>where</u> we (circle	re you?	During this time, did you <u>bicyc</u> (circle Yes or No; if Yes, specir activity time(s)) By "transportation" we mean going place to place to do errands, shop, g work or school	fy from	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school		
Early morning (5:01am – 9:00am)	Yes	No	Home Other, sp 	Work ecify:	Yes – for leisure min – for transportation min – for other reason min No		Yes – for leisure min – for transportation min – for other reason min No		
Morning (9:01am - 11:00am)	Yes	No	Home Other, sp 	Work ecify:	Yes – for leisure min – for transportation min – for other reason min No		Yes – for leisure min – for transportation min – for other reason min No		
Lunch time (11:01am – 1:00pm)	Yes	No	Home Other, sp	Work ecify:	Yes – for leisure min – for transportation min – for other reason min No		Yes – for leisure min – for transportation min – for other reason min No		
Afternoon (1:01pm – 5:00pm)	Yes	No	Home Other, sp	Work ecify:	Yes – for leisure min – for transportation min – for other reason min No		Yes – for leisure min – for transportation min – for other reason min No		
Dinner time (5:01pm – 8:00pm)	Yes	No	Home	Work	Yes – for leisure min		Yes – for leisure min		

			Other, specify: 	– for transportation min – for other reason min No	– for transportation min – for other reason min No		
After dinner (8:01pm – 10:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No		
Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No		
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes - for leisure min - for transportation min - for other reason min No		
Adult Activity Diary							
Date (month / day / year) 20							

Study ID # _____

1.	Was this a work day? (cir	cle one)	ſES	NO

2. What time did you get out of bed in the morning? _____ : ____ : ____ :

- 3. Did you take off the monitor during the day? (circle one) YES
 NO

 If yes, when (time)
 :
 ______and why (circle one) Swim
 Shower
 Other, specify:______
- 4. What time did you get into the bed in the evening? _____: ____: _____:

Time of day	Did you <u>wear</u> the Monitor? (circle one)		Most of the time, <u>where</u> were you? (circle one)	During this time, did you <u>bicycle</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school
Early morning (5:01am – 9:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Morning (9:01am – 11:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Lunch time (11:01am – 1:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Afternoon (1:01pm – 5:00pm)	Yes	No	Home Work Other, specify:	Yes – for leisure min – for transportation min	Yes – for leisure min – for transportation min

				– for other reason min No	– for other reason min No
Dinner time (5:01pm – 8:00pm)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
After dinner (8:01pm – 10:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes - for leisure min - for transportation min - for other reason min No
Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes - for leisure min - for transportation min - for other reason min No
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No

20

Date (month / day / year)

YES 1. Was this a work day? (circle one) NO

2. What time did you get out of bed in the morning? _____ : ____:

3. Did you take off the monitor during the day? (circle one) **YES NO** If yes, *when* (time) _____: ____ and *why* (circle one) Swim Shower Other, specify:______

4. What time did you get into the bed in the evening? _____: ____: ____:

Time of day	Did you <u>wear</u> the Monitor? (circle one)		Most of the time, <u>where</u> were you? (circle one)	During this time, did you <u>bicycle</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school	During this time, did you <u>walk</u> ? (circle Yes or No; if Yes, specify activity time(s)) By "transportation" we mean going from place to place to do errands, shop, go to work or school
Early morning (5:01am – 9:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Morning (9:01am - 11:00am)	Yes	No	Home Work Other, specify: 	Yes - for leisure min - for transportation min - for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Lunch time (11:01am – 1:00pm)	Yes	No	Home Work Other, specify:	Yes - for leisure min - for transportation min - for other reason min	Yes – for leisure min – for transportation min – for other reason min

Study ID # _____

				No	No
Afternoon (1:01pm – 5:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Dinner time (5:01pm – 8:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
After dinner (8:01pm – 10:00pm)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Bed time (10:01pm – midnight)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No
Middle of the night (12:01pm – 5:00am)	Yes	No	Home Work Other, specify: 	Yes – for leisure min – for transportation min – for other reason min No	Yes – for leisure min – for transportation min – for other reason min No