

Environmental Physical Activity Monitor and GPS Instructions

Monitoring Your Child's Physical Activity Locations and

rn

How are the physical activity locations and activity levels of my child being monitored?

Your child's physical activity locations and levels will be monitored using a GPS monitor and a physical activity monitor.

Also, a physical activity and GPS monitor wear log, which is filled during the monitoring period, will provide additional information which will help us better understand your child's activity locations and activity levels.

Why are you monitoring the physical activity locations and activity levels of my child?

The National Children's Study will help doctors and scientists answer questions about how our children's activity locations and activity levels

activity locations and levels around the country.

Global Positioning System (GPS) Monitor

What does the GPS monitor do?

This GPS monitor is a small device that records information about where everyday activities take place. It is **not** a real time tracking device (like a car/cell phone GPS device), but a data logger.

How long will you monitor the activity locations of my child?

We'll monitor the activity locations of your child for about 1 week. By monitoring activities for a week, we can see how locations of different activities may affect health and growth of the

children.

What do I need to do with the GPS monitor?

Please make sure your child wears the monitor at all the times unless he/she is swimming or playing in water or is in bed.

Remove the GPS monitor from your child's waist every evening before your child goes to bed. Charge it overnight and then place it back on your child's waist in the morning. Please repeat these steps every day throughout the monitoring period.

**PLACE HOLDER FOR A PICTURE
SHOWING GPS PLACED ON CHLD'S
WAIST**

Can I remove the GPS monitor from my child's waist?

Please don't remove the monitor except when the child is swimming or playing in water (monitor is not waterproof) or is in bed. If the monitor is taken off for any other reason, please remember to put it back on as soon as possible.

Physical Activity Monitor

What does the physical activity monitor do?

The physical activity monitor is a small device that records information about body movement during everyday activities such as walking. It is **not** a tracking device, nor does it record the heart rate.

How long will you monitor the physical activity levels of my child?

We'll monitor your child's physical activity levels for about 1 week. By monitoring for a week, we can see how the physical activity levels of your child change over time.

What do I need to do with the physical activity monitor?

Once we have placed the monitor on the child's wrist, you don't need to do anything. The monitor is water resistant so it can be worn when taking a bath, shower, or swimming. If the monitor and wrist strap get wet, you may blot them dry with a towel.

Can I remove the physical activity monitor from my child's wrist?

No, please don't remove the monitor once we have placed it. However, if the monitor is taken off, please remember to put it back on the same wrist as soon as possible with the black disk facing towards the fingers.

What if something happens to the GPS monitor or physical activity monitor?

If something happens to either monitor, please contact us. The contact information is provided on

- Please, complete the physical activity and GPS monitoring wear log.
- GPS and physical activity monitors are not real time tracking devices. The GPS monitor is a data logger and the physical activity monitor records information about body movement during everyday activities.
- The GPS monitor is not waterproof while the physical activity monitor is water resistant.



Instructions for Physical Activity Monitoring

On the day of the visit, the data collector will place the GPS monitor and physical activity monitor on your child. This section of the instruction booklet provides information on what needs to be done with the monitors and how to fill out the physical activity and GPS monitoring wear log during the monitoring period.

The monitors will either be picked up by the data collector or you will be requested to ship the monitors back. If you agree to ship the monitors, the data collector will provide you with a shipping kit for the monitors. This kit contains three bubble bags, packing material, tape strips, prefilled FedEx airbill, a pen, a resealable plastic bag, a physical activity monitoring questionnaire and a shipping box (Photo x).



Photo x. Physical activity monitor, GPS monitor and charger, and shipping kit with text indicating each part

1. In the Physical Activity and GPS Monitoring Wear Log, record your child's name and age. Fill out the log at the end of each day and record any additional comments you may have about the monitors at the bottom of the log.

2. The Data Collector will place the GPS monitor on your child's waist. The monitor is placed in a pouch which is attached to an elastic waist band.

**PLACE HOLDER FOR A PICTURE
SHOWING GPS MONITOR
PLACED ON A CHILD'S WAIST**

3. The Data Collector will place the physical activity monitor on your child's wrist, preferably on the wrist of the non-dominant hand, with the black disc facing toward the fingers. The monitor is attached to a velcro wrist band. It is worn on the wrist like a watch and should fit snugly around the wrist.

**PLACE HOLDER FOR A PICTURE
SHOWING PHYSICAL ACTIVITY
MONITOR ON A CHILD'S WRIST**

4. Remove the GPS monitor from your child's waist every evening before your child goes to bed. Charge the monitor

**PLACE HOLDER FOR A GPS
MONITOR PICTURE.**

overnight.

5. Charge the GPS monitor by inserting the flat end of the cable into the GPS monitor and plugging the charger into the wall outlet. The battery sign  on the right side of the red button will light up in green indicating that it is charging. The light will go off once the monitor battery is fully charged.

Note: If the battery light is red, the monitor power is low and it should be recharged.

The amber GPS sign  on the top of the red button will be on.

6. Insert the monitor into the pouch and place the elastic waist band back on your child's waist. Repeat these steps every day

**PLACE HOLDER FOR A PICTURE
SHOWING HOW TO CHARGE THE**

throughout the monitoring period.

7. The GPS monitor is worn by your child for about one week. It should be worn at all times except when the child is swimming or playing in water (monitor is not waterproof) or is in bed. If the monitor is taken off for any other reason, please remember to put it back on as soon as possible. Also, record the reason for not wearing the GPS monitor on the wear log.

8. The physical activity monitor is worn by your child for about one week. It should be worn at all times. The monitor is water resistant so it can be worn when taking a bath, shower, or swimming. If the monitor and wrist strap get wet, you may blot them dry with a towel. If your child must take the monitor off for any reason, please remember to put it back on the same wrist

9. At the end of the monitoring period, remove the GPS monitor from your child's waist when your child goes to bed for the night on the last day it is worn during the monitoring period.

10. At the end of the monitoring period, remove the physical activity monitor from your child's wrist on the morning after the last day it is worn during the monitoring period.

11. If something happens to either monitor, please contact us. The contact information is provided on the back of this booklet.

as soon as possible with the black disk facing toward the fingers. Also, record the reason for not wearing the physical activity monitor on the wear log.

Thank you for continuing to participate in the National Children' Study. By letting us monitor your child's physical activity levels and activity locations, you're helping scientists and doctors learn more about how the activity locations and levels may affect our children's health and growth.

Please contact us if you have any questions about the GPS monitor or physical activity monitor.

Insert local contact information (including phone number and e-mail) here.

