

Attachment 11

Record of Time Spent Outdoors

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Study ID _____

Date _____

Aerosols from cyanobacterial blooms: Exposures and health effects in highly exposed populations

Record of Time Spent Outdoors

Instructions: Please fill in the time you have spent outdoors today in the table below. The table is in two parts, one for the morning and one for the afternoon and night. Each hour is divided into 15-minute intervals. Using a pencil or pen, blacken the 15-minute intervals where you spent at least part of that time outdoors. Do not count time riding in a car (bus, train, etc.) as time spent outdoors.

For example, if you were outside from about 3 pm to 3:15 pm, and again from 3:30 to 3:45, you would complete the section in the AFTERNOON AND NIGHT table like

3 pm

 this:

3 pm

[illegible]

Time (AFTERNOON AND NIGHT)											
Noon	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm

