

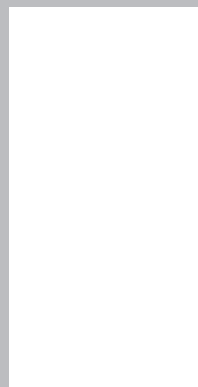
Studying Physical Activity in Children's Environments across Scotland



# SPACES



## Waist Belt Log and Travel Diary

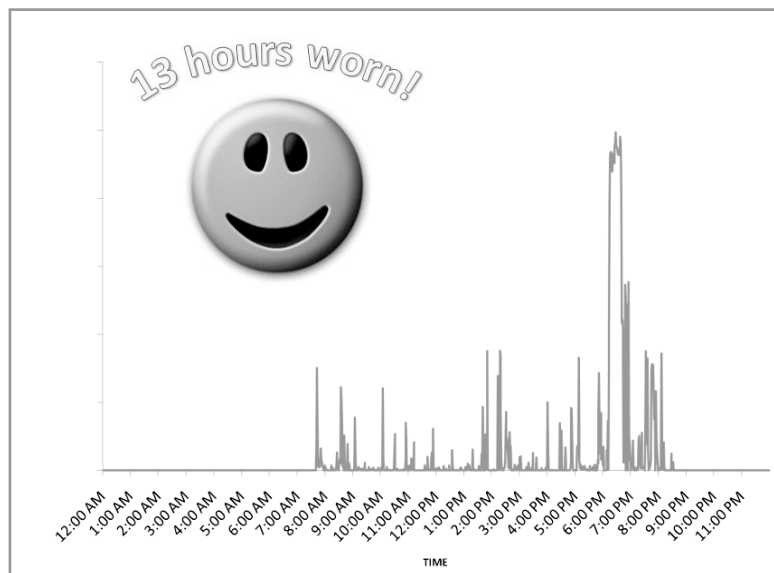


ID NO.

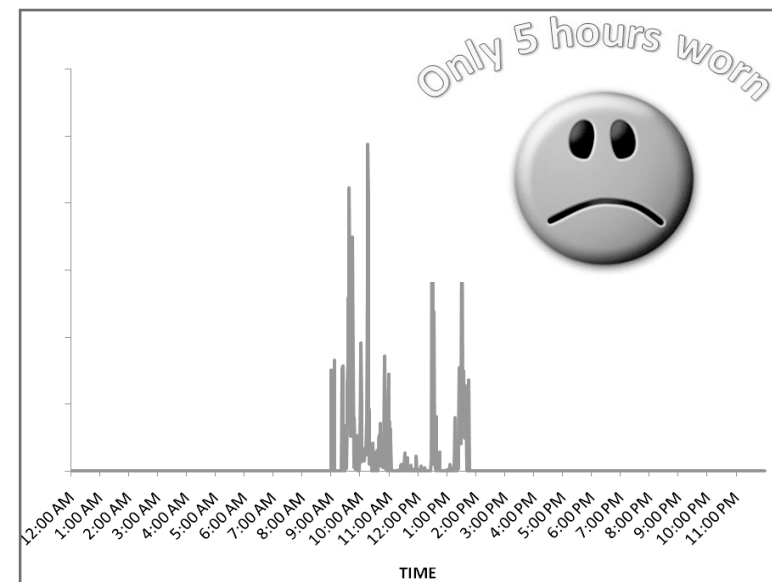
## How long should I wear my devices?

We would like you to wear the WAIST belt for 8 days, and for as close to 12 hours per day as you can manage. We understand that you may not always be able to wear the belt for 12 hours a day (like at the weekend), but if you wear it for much less than 12 hours on any day we may have to ask you to wear it again.

When you send your devices back we will download a graph which will show us how long you wore them each day. Below are two example graphs. The one on the left is from a person who wore the waist belt for a long enough time. The one on the right is from a person who didn't wear the belt for long enough and we had to ask them to wear it again.



This person did a great job of wearing their waist belt! As you can see on the graph, they put the device belt on when they woke up at about 7:30 in the morning, and kept it on until about 8:30 at night.



This person would have to wear the devices again. They put the waist belt on when they woke up at about 9:00 in the morning, but took it off at about 2:00pm

# Waist Belt Log

It is important that you wear the waist belt for 8 consecutive days.

Please do this for each day of the study.

On the next two pages, write down the times when you put the belt on in the morning and take it off at night.

We also would like to know if you take the belt off for longer than 5 minutes at any point during the day. Please note the time and reason why you took the belt off.

The example on the right illustrates the process.

Example



Day 1	Thursday
Date	05/03/15
Time belt was put on in the morning	07:30
Time belt was taken off at night	10:45
During the day	
Time off	12:45
Time on	13:30
Reason	Swimming
Time off	:
Time on	:
Reason	
Time off	:
Time on	:
Reason	

Day 1

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 2

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 3

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 4

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 5

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 6

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 7

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Day 8

Date

Time belt was put on in the morning  :

Time belt was taken off at night  :

During the day

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason

Time off  :

Time on  :

Reason





