

## Instructions for using the accelerometer / physical activity meter at home:

- Fasten the accelerometer belt so that the attached meter is located on your right hip with the text 'Hookie' on the outside (left to right). Wear the belt all the time when you are awake (except for going to the sauna, showering or swimming).
- Place the belt and the exercise meter over your underclothes but under the waist of your trousers or skirt. This will keep the meter from shifting, and it will not distract you during the day.
- Take off the meter when you sleep.
- Carry the accelerometer for one week (seven days).  
Also keep a physical activity diary for the same period. Enter the leisure-time exercise you take (swimming, cycling, gym, dance, walking, running, etc.) and exercise on the way to and from work (walking, cycling, roller-skating, etc.) for each day.

If you engage in more than one type of exercise during the same day, enter the first exercise type under exercise **type 1** and the next under exercise **type 2**, etc. For each exercise type, enter the **beginning and end time to the nearest minute** (under time) and estimate **how strenuous** the exercise was:

**1 = light** (you were hardly at all out of breath or sweating)

**2 = brisk/moderate** (you were somewhat out of breath and sweating)

**3 = strenuous/rigorous** (your were extremely out of breath and sweating a lot)

If, for any reason, you cannot wear the accelerometer for a specific period, enter the times in the diary (e.g. 'not in use from xx.xx to xx.xx').

- After the week is up, mail back the **accelerometer and belt** together with your **physical activity diary** using the padded envelope provided. The return address is already on the envelope. The **separate sport and exercise questionnaire** should be returned together with the other forms using the return envelope given to you by the nurse at the last checkpoint.
- Do not detach the accelerometer meter from the belt at any time!

