



INSTRUCTIONS FOR THE ACTIVITY MONITOR TRACKING LOG AND EXPERIENCES (AMT) FORM

I. General Instructions

Data from the Activity Monitor Tracking Log provides additional information pertaining to wear and non-wear times and complements the accelerometer data that are collected in the field over 7 consecutive days. For each of the 7 days, the participant will record the times that correspond to when s/he put on (in the morning) and took off (at night) the monitor as well as the times that correspond to when the participant removed and replaced the monitor during waking hours for longer than 30 consecutive minutes.

II. Read the opening script to the participant:

Hello, my name is <<ARIC Physical Activity & Falls Staff person>> and I am with the **ARIC Physical Activity and Falls Study**.

Thank you for agreeing to be a part of our study. I'd like to take a few minutes of your time to tell you more about the activity monitor that you will wear for the next seven days during all periods of the day that you are awake.

This is the activity monitor or accelerometer <<show participant the activity monitor>>. It's very small instrument that you will wear over your right hip using an elastic belt. The activity monitor is a sensitive piece of equipment that detects a variety of physical activities. ***For this study, we are not asking you to change your normal physical activity levels; rather we'd like for you to go about your normal daily routine while you are wearing the monitor.***

It is very important that you wear the activity monitor throughout the day, so we ask you to put it on as soon as you wake up in the morning, and take it off when you go to bed at night. We will ask you to record these times in your **Activity Monitor Tracking Log** <<show participant the activity monitor tracking log and show them how to complete items 1 & 2 (start day of the week and date) and record the date (column 2) and time the monitor was put on in the morning (column 3) and taken off (column 4) for each day of data collection >>.

The activity monitor cannot get wet, so we will ask you to take it off during showers, baths, or during other water-based activities, like swimming. If any of these water activities last longer than 30 minutes, we ask that you record the times that you take the monitor off and put the monitor back on in your **Activity Monitor Tracking Log** <<show participant the activity monitor tracking log>>. If you take the activity monitor off for any reason for longer than 30 minutes, please record the times that you take the monitor off and put the monitor back on in your **Activity Monitor Tracking Log** <<show participant the activity monitor tracking log>>.

Now, I will show you how to wear the activity monitor properly. Please note that there is a little screw top or knob on one side of the activity monitor <<show participant the knob on the activity monitor >>, this knob should be facing up (towards the sky) while you are wearing the activity monitor <<show participant the activity monitor with the knob facing up>>.

If you are wearing pants with belt loops, feel free to use the elastic belt as your belt. Or, you can place the elastic belt with the activity monitor so that it fits comfortably on your waist. <<If the participant is female, let her know that she can either place the elastic belt on her waist either on top of- or underneath- a dress or skirt>>. The elastic belt is adjustable <<show participant how to adjust the elastic belt>> and you can tuck in the straps if there is excess material <<show participant how to tuck in straps >>. We ask that you please not cut the elastic belt straps.

You do not need to turn the monitor on, it is on now and ready to collect information. Also, you may notice a green blinking light, please disregard it.

Do you have any questions <<answer any questions>>?

Now, I'm going to ask you to put on the activity monitor and elastic belt <<watch the participant put on the monitor and troubleshoot placement, as necessary>>. We'd like for you to start wearing the activity monitor today and continue to wear it for the next seven days. In 2-3 days, we will telephone you to see if you are wearing the activity monitor and if you have any questions for us. After you've worn the monitor for seven days, you will complete the **Participant Checklist** <<show participant the participant checklist >> and return it with the activity monitor, elastic belt, Activity Monitor Tracking Log in the pre-paid and addressed envelope <<show participant the return envelope >>.

Do you have any questions <<answer any questions>>?

Thank you for your time.

For each day of observation

Day 1:

- Column 2: Instruct the participant to record the date corresponding to the day of observation.
- Column 3: Instruct the participant to record the time (hh:mm) corresponding to when the monitor was put on (in the morning). Ask participants to include am or pm.
- Column 4: Instruct the check the box (yes or no) corresponding to whether the monitor was removed during waking hours for longer than 30 minutes.
- Column 5: If the participant indicated that the monitor was removed for longer than 30 minutes, instruct the participant to record the times (hh:mm) corresponding to the first time the monitor was removed and replaced. Ask participants to include am or pm.
- Column 6: Instruct the participant to provide a brief (1-2 word) description of why the monitor was removed for the first time.
- Column 7: If the monitor was removed for longer than 30 minutes a second time, instruct the participant to record the times (hh:mm) corresponding to the first time the monitor was removed and replaced. Ask participants to include am or pm.
- Column 8: Instruct the participant to provide a brief (1-2 word) description of why the monitor was removed for the second time.

Repeat steps for Days 2-7. An extra day (Day 8) is provided, if needed.

After 7 consecutive days of data collection:

- Q8: Instruct the participant to indicate whether they were confident with wearing the activity monitor correctly using a 5-point likert scale, ranging from *strongly disagree* to *strongly agree*.
- Q9: Instruct the participant to indicate whether they would wear the activity monitor again, if asked using a 5-point likert scale, ranging from *strongly disagree* to *strongly agree*.
- Q9: Instruct the participant to indicate whether they would wear the activity monitor for a longer period of time, if asked using a 5-point likert scale, ranging from *strongly disagree* to *strongly agree*.
- Q10: Instruct the participant to write in any additional comments they might have about their experiences wearing the activity monitor.

III. Detailed Instructions for each Item

- 0a: Enter the date (mm/dd/yy) that corresponds to when the completed AMT form is entered into CDART.
- 0b: Enter the staff ID who entered the completed AMT form into CDART.
- 0c: At the time the monitor is given to the participant, enter the monitor #.
- 0d: Record the day of the week (e.g., Monday) that corresponds to the day of the week that reflects Day 1 (of 7) of monitor wear.
- 0e: Record the date (mm/dd/yy) that corresponds to the date that reflects Day 1 (of 7) of monitor wear. **NOTE: This data must be entered asap, as it will trigger the dates for the reminder phone calls.**