#  **Meter Log**

**Wear the movement meter for seven (7) days in a row, including weekends**. In the spaces below, write down the dates, days and times which you wear it. Please also write down the times school starts and ends each day. If you take the devices off for more than 30 minutes, such as for swimming, record when they were removed and for what reason. If you are unable to wear the meter for *at least* 12 hours one day, please wear it one extra day. Thank you!

Please start wearing your meter on or before \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

The last full day that your meter will work is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

Day 1

# (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

Day 2

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

Day 3

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

 Day 4

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

# ***Day 5***

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

Day 6

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school started: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

Day 7

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school ended: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

Day 8 (if needed)

#  (Circle Day) **Mon Tues Wed Thurs Fri Sat Sun Date**\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |
| --- |
| **Time Meter Put On: am / pm Time school started: am / pm** **Time Meter Taken Off: : am / pm Time school started: am / pm**  |
| **Time removed during the day (e.g. 10:30-11am):**  **Why removed (e.g. swimming): \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_** |

|  |  |
| --- | --- |
| **FOR OFFICE USE ONLY** |  |
| Participant ID \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Recruiter \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Meter Number \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date Initialized: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Valid meter days: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_First Mail Day: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

You’re done! Please include this log in your return envelope along with the meter, belt and surveys.