



# My Activity Monitor

START DATE:

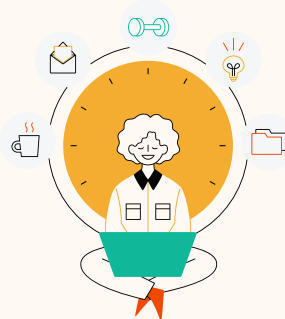
END DATE:

RETURN DATE:

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HEALTHY JUNTOS WEBSITE LINK

# Why Monitor My Activity?



An important part of this study is to understand your regular activity levels.

## How does this benefit you?

By tracking your activity, you'll have a better understanding of your own habits and patterns.

This can be a helpful step toward making informed decisions about your health and fitness.

# How Will You Monitor My Activity?

We provide you with a special device called "Actigraphy Monitor".

**Wear it for 8 consecutive days** and it will measure rest, sleep patterns, and activity cycles by recording movement.

It's a great device but it is NOT waterproof!



# Activity Monitor **Do's**

**Do: Wear it on your hip bone on the side of your **NON-DOMINANT** hand**

Are you right-handed? Place it on your left hip!

Are you left-handed? Place it on your right hip!

**Do: Wear it over light clothing**

You can place it over thin trousers, skirts, or undershirts.

**Do: Wear it while sleeping**

It measures sleep patterns.



**Do: Wear it while exercising**

It measures movement.

**Do: Wear it for 8 consecutive days**

# Activity Monitor **Don'ts**

**Don't: Wear it while showering, bathing, or swimming**

It is not waterproof and will break.

But, sweat & light rain is okay!



showering or  
bathing



swimming

# Activity Monitor Timeline

**Begin to wear** the Activity Monitor the day you come into the office.

**Continue** wearing it for the next 7 days, for a total of 8 days.

**Stop** wearing it on the night of the 8th day.

**Return** the device and belt on the 9th day.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat

**Note,** you will use the Activity Monitor for a total of four different times throughout the study. You will be asked to wear it again at your second, third, and fourth assessment visit.

If you have to remove it for any reason before your scheduled time, you will be asked to record it in your Non-Wear Log.

# How to Return the Activity Monitor

On the 9th day, please return:

- ☐ Activity Monitor
- ☐ Belt
- ☐ Tracking Sheets



Scan to find  
your local  
drop off spot



1

Wrap the device in the bubble wrap provided in the original package.



2

Place the Activity Monitor & Tracking Sheets in the provided USPS envelope



3

Send envelope via the United States Post Office (USPS).



Please mail **no more than** 10 days after your visit.

# Frequently Asked Questions

Q: WHAT IF I FORGET TO WEAR THE ACTIVITY MONITOR?

A: Wear the Activity Monitor for an extra day.

Q: DO I WEAR THE ACTIVITY MONITOR WHEN I SLEEP?

A: Yes! It tracks sleep patterns.

Q: CAN I TRAVEL WITH THE ACTIVITY MONITOR?

A: Yes! Don't forget to track your activities on the Tracking Sheet.

Q: CAN I GO TO SCHOOL WITH THE ACTIVITY MONITOR?

A: Yes! We have partnered with Miami-Dade Schools.

# Frequently Asked Questions

Q: WHAT IF I FORGET DATA/TIME THAT I REMOVED THE DEVICE?

A: Approximate!

Q: WHAT DO I DO IF I SOMEHOW BANG OR CRUSH THE DEVICE?

A: If cracks are found, notify study staff.

Q: HOW CAN I CLEAN THE ACTIVITY MONITOR?

A: Clip & red device: alcohol-based solution. Belt: normal wash.

Q: WHAT IF I GET AN ALLERGIC REACTION?

A: This is uncommon but can occur and these are likely irritant contact and not an allergic reaction. Please do not wear over open wounds or irritated skin.