

Activity Monitor Information

During the *TeleFFiT* study you will be asked to wear two activity monitors simultaneously on three separate occasions [at the start of the study, after 6 months and at the end of the study (12 months)] to monitor your habitual activity levels and sedentary time. These two monitors are called an ActiGraph and ActivPAL.



IT IS IMPORTANT THAT YOU DO NOT CHANGE ANYTHING ABOUT YOUR USUAL OR HABITUAL ACTIVITY LEVELS WHILE WEARING THE MONITORS.

How Long Do You Have to Wear the Monitors?

In order to get an accurate snapshot of your habitual activity levels, you must wear the monitors for 7 consecutive full days and complete the 'Activity Monitor Sleep-Wear Diary' and 'Nap Time Questionnaire' on each day that you wear them. Day 0 is the day your monitors are put on, and they must be removed on the morning of Day 8.

Returning Your Activity Monitors

On Day 8, after you have worn the monitors for 7 full days, please remove them. You will be asked to either post them back to Deakin University together with your completed '**Activity Monitor Sleep-Wear Diary**' using the reply-paid envelope provided to you, or to bring them with you to your testing appointment.

PLEASE REMEMBER THAT THIS EQUIPMENT IS VALUABLE AND EXPENSIVE SO PLEASE HANDLE WITH CARE.

Specific instructions on how to wear each of the monitors are outlined below. It is **extremely important** that you wear them correctly, as if worn incorrectly you may be asked to wear them again. Please note that these devices measure the amount and intensity of movement you engage in throughout the day, but they cannot tell us the specific type of activity you are undertaking while you are wearing them. However, you will receive data at the conclusion of the study about your habitual activity habits.

Monitor 1: How to wear the ActiGraph monitor

The **ActiGraph** is the small **square** device that is worn on your non-dominant wrist.

Please wear the monitor continuously (24 hours per day) 7 consecutive days. It is safe to wear whilst asleep, and during most sporting activities. If you take the device off for any reason (e.g., when showering), please record this in your 'Activity Monitor Sleep-Wear Diary'.



Please note, there are no switches, buttons or counters on the device. All your movements are recorded automatically onto the device until returned to the researchers for download. Please try to engage in your typical levels of activity while wearing the monitors.

Remove the ActiGraph monitor on the **morning of day 8**. The first day (Day 1) starts on the morning after the monitor was applied.

PLEASE DO NOT WEAR THIS DEVICE DURING WATER-BASED ACTIVITIES (E.G. SHOWERING, BATHING, SPA, SWIMMING).

The device is splash proof so it can be worn while washing your hands, sweating or in the rain, for example, but please do not submerge in water. Please also be very careful with the wrist bands as they are delicate and break easily.

If during your 7-day wear period you are required to re-insert the device into the wristband, please follow these instructions:

<p>Place the bottom of the ActiGraph in the bottom of the wristband housing, <u>screen side up</u>, as shown on the sticker.</p>	
<p>Ensure the ActiGraph device is resting in the wristband's housing as shown in the image to the right, with the bottom end in place (<i>the word 'ActiGraph' on the device should be at the same end as the ActiGraph logo on the wrist band</i>)</p>	

<p>Push down firmly on the top until it clicks into place.</p>	
<p>The device should now be secured in place, resting flat all the way around the wristband housing.</p> <p><i>NOTE: The device face should have a battery symbol and the time displayed on screen at all times. If these are not on the display, then the device is not recording.</i></p> <p><i>Please get in touch with the research team I immediately if the display turns off or if the battery starts to get low (that is, if the screen no longer presents the time as the largest feature but shows a battery instead).</i></p>	
<p>Wear device on the wrist with the ActiGraph text/digital time facing up when wrist is turned in toward you.</p>	



NOTE: If you are unwell or engaging in unusual activity levels (much higher or much lower than usual) please get in touch with the research team as you may need to wear the device for additional days. If you do, please record these additional days on pages 6 and 7 of your 'Activity Monitor Sleep-Wear Diary' AND make a comment in the 'Notes' section on page 5 of which days these are to replace and include the reason why.

Monitor 2: How to wear the ActivPAL monitor

The **ActivPAL** monitor is the device that is applied to your **thigh**.

Please wear the ActivePAL monitor continuously (24 hours per day) **every day for 7 days**, removing it on the morning of day 8.

The monitor is water resistant (up to 1 metre) so you can wear it while showering and swimming.

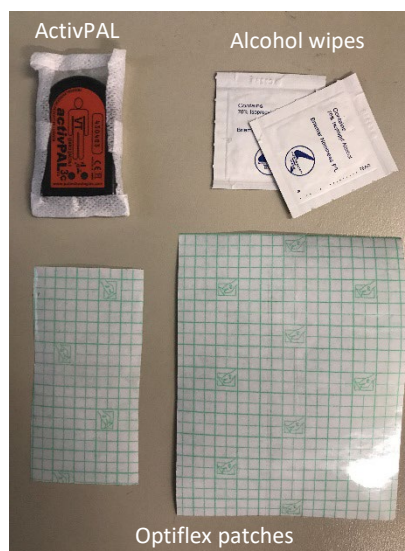
The ActivPAL monitor will **emit a green flash every 6 seconds**. This is an indication that it is working and recording data.







How to change the adhesive patch

Most people can keep wearing the monitor without trouble over the 7 days. However, you may need to change the adhesive patch due to it peeling off or becoming uncomfortable. You have been supplied with spare alcohol wipes and Optiflex patches to allow you to re-apply the monitor if needed. Carefully peel off the adhesive patches and follow the below steps to reapply the monitor on your non-dominant thigh (or your other thigh if your skin is irritated). Ensure you apply it in exactly the same position, as outlined below.

The following items are required to reattach your monitor: the ActivPAL monitor, alcohol wipes, a small Optiflex patch, a large Optiflex patch.



<p>1. Using the alcohol wipe provided, thoroughly clean the area of skin that the monitor will be applied to. <u>This should be midway between your knee and hip in the centre of your non-dominant thigh.</u> Allow the area to dry completely.</p>	
<p>2. While seated with a bent knee, apply the <i>small</i> Optiflex patch to your right thigh midway between the knee and hip. Peel the <i>white</i> backing off and smoothly place onto your leg. Then, remove the <i>green</i> lined plastic from the outside of the Optiflex once it has been attached (pictured right).</p>	
<p>3. Position the ActivPAL monitor on top of the small Optiflex patch, ensuring that the man on the front is standing upright with his head facing upwards (pictured right). <u>The monitor must be positioned like this to work properly.</u></p>	
<p>4. Peel the <i>white</i> backing off the <i>large</i> Optiflex patch and place over the monitor. Press the patch onto your skin, starting from the middle out towards the edges making sure the monitor is secured to your thigh. Once attached peel the <i>green</i> lined plastic off the outside of the Optiflex (pictured right).</p>	



Note. It is important to reapply the monitor immediately if you have removed it to ensure that it captures complete and accurate data. If you are unable to reapply the monitor immediately for whatever reason, make sure you rest the monitor in a **completely flat position** (not upright or leaning against anything).