



## Cancer Prevention Study-3



### Activity Monitor Instructions

Included in this mailing is an ActiGraph™ activity monitor, which provides detailed measurements of your body movements (physical activity and sedentary behaviors). Please wear the monitor for seven consecutive days. The seven days of wearing the monitor must coincide with the seven days that you complete the *Activity Monitor Daily Diary* (page 4 of the CPS-3 Accelerometry Sub-Study Survey) that is included in this mailing.

How to wear the activity monitor:

- 1:** As soon as you wake up, place the activity monitor on your waist (hip) on the non-dominant side of your body (e.g. if right-handed, wear on the left side). The activity monitor can be worn over or under clothing.
- 2:** Clip the two ends of the waistband together. The activity monitor must face outward. Pull the ends of the waistband to ensure a snug fit.



When to wear the activity monitor:

- 1:** Begin wearing the monitor within the next 7-14 days. Note: This is important because the activity monitor has a limited battery life and has no on/off switch.
- 2:** On the night before you start, place the activity monitor and daily diary (found on page 4 of the Accelerometry Survey) in a location that will be easy to remember when you wake up (e.g. next to your cell phone or on your bedside table. Setting an alarm on your cell phone/calendar may also be helpful).

**Note: Your diary begins at midnight. For example: If you are beginning day 1 on a Monday, place the activity monitor and diary on your bedside Sunday night.**

- 3:** When you wake up, immediately place the monitor on your waist. Only take the monitor off to shower or swim. **The monitor is not waterproof.**
- 4:** Before you go to sleep, take the activity monitor off and place it and the diary back in a location that will be easy to remember when you wake up.
- 5:** Repeat this process for a total of seven days.

*Note: The monitors have been sanitized and programmed for your use. Do not attempt to use the USB ports on the monitors or take them apart. The monitors cannot be charged, and the data cannot be read by a computer without specialized software.*

If you have any questions regarding the use of the monitor, email us at [cps3substudy@cancer.org](mailto:cps3substudy@cancer.org) or call us toll-free at 888.604.5888 and press option #2.