

What you need to know about wearing the pedometer

• DOs:

- ✓ Start wearing the pedometer tomorrow and remember to wear the monitor every day.
- ✓ Put your monitor on each morning after you have showered or when you get out of bed. We want to capture your activity first thing in the morning and throughout the day until you go to bed each night.
- ✓ Remove the pedometer right before going to bed. Leave it on a table or dresser where you will be sure to see it first thing the next morning.
- ✓ Wear the pedometer clipped to your waistband or belt, **aligned with your underarm**. NOT at the front or back of your waist **OR** place the pedometer in your pocket.
- ✓ Try to wear your pedometer the same way each time: clipped to the same place on your waist or in the same pocket.
- ✓ The pedometer will provide you with the number of steps you take each day. Record your steps in the pedometer log at the end of each day.
- ✓ **Be sure to bring your pedometer and pedometer log with you to the next study visit.**



• DON'Ts:

- ⊘ **Don't** let the pedometer get wet. You should not wear it when you are bathing, showering, or swimming. Be sure to put it back on when you are out of the water.
- ⊘ **Don't** drop the pedometer or knock it against hard objects.
- ⊘ **Don't** forget to wear the pedometer every day. If you forget to put it on for any part of the day, put it on as soon as you remember and make note of this in the log.

