**ACTIVITY LOG**

To properly understand your child’s movements, it is really important that we know when she/he has been wearing the movement sensor.

* Every time you put the sensor on, please put a sticker on the log! ☺
* Every time you take it off, please put the sticker on the log! ☺
* *Remember: Wear the sensor on the waist (side or back). Take it off when your child goes swimming or bathing, and put it back on after!*

It is also very helpful to know what your child has been doing during the day. If you can write information about this (across the boxes is fine!) it will help you and us to make sense of his/her movements later.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Day 1:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6-7am | 7-8am | 8-9am | 9-10am | 10-11am | 11-12am | 12-1pm | 1-2pm | 2-3pm | 3-4pm | 4-5pm | 5-6pm | 6-7pm | 7-8pm | 8-9pm |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 2:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 3:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6-7am | 7-8am | 8-9am | 9-10am | 10-11am | 11-12am | 12-1pm | 1-2pm | 2-3pm | 3-4pm | 4-5pm | 5-6pm | 6-7pm | 7-8pm | 8-9pm |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 4:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 5:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 6:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 6-7am | 7-8am | 8-9am | 9-10am | 10-11am | 11-12am | 12-1pm | 1-2pm | 2-3pm | 3-4pm | 4-5pm | 5-6pm | 6-7pm | 7-8pm | 8-9pm |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **Day 7:** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Thank you for completing the log! Please use the envelope provided to return:

* The sensor
* The log
* The questionnaires (unless you have already completed these online!)

Once we receive these we will send you and child the rewards! ☺