

# Stepwatch Activity Monitor-Seven Day Diary

Version: 01/01/2010 [FORMV](#)



## Directions:

**Placement:** The Stepwatch Activity Monitor (SAM) must be worn with the rounded end UP. The writing on the case should appear right-side-up to someone standing next to you. The SAM should be placed just above your ankle bone on either side of either leg. It should not be worn on the front or back of the ankle. The Velcro strap can be adjusted for comfort. You may wear an extra sock if you would like additional padding.

**Timing:** Please put on the SAM immediately. Wear the SAM for **seven** full days starting the day **after** your research visit or the day you received the SAM in the mail (for a total of 8 days). The SAM is waterproof and can be worn for bathing or swimming. It can also be worn during sleep. Thus, you can wear the SAM continuously for the week, leaving it on all day and all night.

If you prefer to take the SAM off during sleep, it should be worn from the time you wake up until you go to sleep at night. It may be helpful to put the SAM by your alarm clock, glasses, coffee maker or other devices that are part of your daily morning routine in order to remember to put it on. Please also place the SAM **reminder notes** (at the end of this packet) in places that you see early in the morning. For example, one note could be placed on your bathroom mirror and another on the inside of the front door of your house.

**Care:** Although the SAM is sturdy, please treat it with care. The SAM should not be kept in hot places, such as the dashboard of a car.

The SAM is always washed before and after it is given to a study participant. If you wish to clean the **strap** mid-week, you may dip it in alcohol just before you go to bed and hang it to dry overnight. In the morning, reinsert the strap such that the smoother side will be against your leg. The monitor can be wiped clean with a damp washcloth only.

**Returning the SAM:** No matter how many days you wear the SAM, please put the SAM and the diary (see next page) in the mail, **within 9 days of receiving it**, using the pre-addressed stamped envelope that you were given at your clinic visit. If you lose the envelope you should immediately call for a replacement. If you have any questions about wearing the SAM or how to fill out this activity diary please call your LABS coordinator for instructions.

\_\_\_\_\_  
[coordinator name]

\_\_\_\_\_  
[coordinator phone number]

Put the SAM in the mail by \_\_\_\_\_  
(COORDINATOR: FILL IN DATE 9 DAYS AFTER SAM IS GIVEN OUT).

Entered: \_\_/\_\_/20\_\_  
mm dd yy

Initials: \_\_\_\_\_

Verified: \_\_/\_\_/20\_\_  
mm dd yy

Initials: \_\_\_\_\_

Patient ID: \_\_\_ - \_\_\_ - \_\_\_ ID

Visit: \_\_\_ VISIT

For office use only.

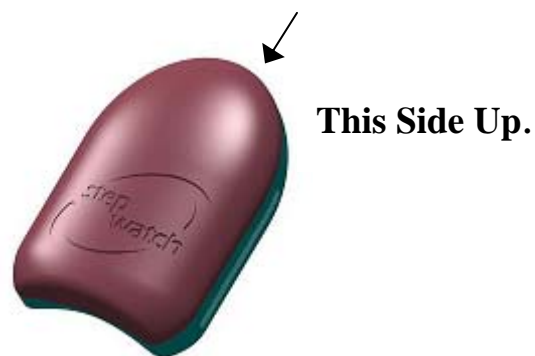
## SAM Diary

	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Date	Record how many hours you wore the SAM each day. (write 24 if worn continuously, 0 if not worn at all)
Day SAM received:	SAMDAY0							SAMDAT0	SAMHR0 (hours)
Day 1:	SAMDAY1							SAMDAT1	SAMHR1 (hours)
Day 2:	SAMDAY2							SAMDAT2	SAMHR2 (hours)
Day 3:	SAMDAY3							SAMDAT3	SAMHR3 (hours)
Day 4:	SAMDAY4							SAMDAT4	SAMHR4 (hours)
Day 5:	SAMDAY5							SAMDAT5	SAMHR5 (hours)
Day 6:	SAMDAY6							SAMDAT6	SAMHR6 (hours)
Day 7:	SAMDAY7							SAMDAT7	SAMHR7 (hours)

Please fill out the following question AFTER day 7 and then return this sheet and the monitor together in the envelope you were given at your research visit.

1. Please check the statement that best describes your physical activity level on the days you wore the Stepwatch Activity Monitor (SAM) this week. (Check only one) PHYACT
  1. I was much more active than usual.
  2. I was active at about my usual level.
  3. I was much less active than usual.

# Please put on your Step Activity Monitor (SAM)



Cut here -----

# Please put on your Step Activity Monitor (SAM)

