

Pedometer log

Please keep a record of the time you put your pedometer on in the morning and the time you take it off at night by filling out this log on a **daily** basis

Name:
ID:

Day	Date	Time when the pedometer was put on in the morning	Time when the pedometer was taken off in the evening
Example: Friday	15/08/09	7.30 am	10 pm
Day eight	*Important*: after 7 days please send your pedometer and this log sheet back to the research team using the prepaid envelope provided		