

Instructions for participants

ABOUT THE ACCELEROMETER, TRAVEL DIARIES AND GPS MONITORS

In this important study we are testing new ways to measure journeys to find out about: the journeys to work of people in [*insert areas*]; how much physical activity is involved, and; the reasons why people travel the way they do.

To help us with this we would like you to wear an accelerometer and complete a travel diary for 7 days, and to take a GPS monitor with you on the journey to and from work, starting on:

__ / __ / 20__

A member of the research team will come to collect them and give you a £10 gift voucher to thank you for your help with the study.

THE ACCELEROMETER (Red device – this will be flashing for a while but it is programmed to **stop flashing** when it is **ready** to record)

- The accelerometer should be worn on a belt around the waist, above one hip. It doesn't matter which hip as long as you keep to the same one every day.
- Please put the accelerometer on first thing in the morning and take it off when you go to bed at night including at the weekend. This will give us an idea of your activity throughout the full 7 days - whether you are working or not.
- Please don't wear the accelerometer if you are having a bath or shower, or if you go swimming, because it is not fully waterproof.
- The monitor does not display your activity level – all the information is stored inside. We can print out a graph of the activity if you would like to see some 'results'.

THE GPS MONITOR (Black monitor)

- The GPS monitor can be worn on the same belt as the accelerometer, or carried in your pocket or bag.
- Please SWITCH IT TO LOG when you start your journey to work and SWITCH IT OFF when you arrive home.
- The GPS monitor needs to be charged every day for about 3 hours. To do this switch it OFF. You may use the cable and adapter provided or a USB port in your computer. (When the power LED is green, the battery is charging; when the light goes off, the battery is fully charged.)
- We can print out a map of your journeys if you would like to see these results.
- You do not need to wear the GPS monitor on the days you are not working.

THE TRAVEL DIARY

- **We would like you to complete the travel diary during the 7 days that you wear the accelerometer.** Instructions for using the travel diary are printed inside the diary.

Please bring the accelerometer, GPS monitor and travel diary back to your workplace on

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If you have any questions, please contact:

[*insert contact details*]