

Participant ID: _____

Accelerometer ID: _____

Accelerometer Idle Time Form

(Please return this form with your Accelerometer)

Date Assigned:

___/___/_____ (mm/dd/yyyy)

Although the accelerometer should be worn at all times during the week that it is assigned, there are situations when it should not be worn such as water based activities and shower. In addition, certain activities may request that the accelerometer should be also removed (i.e. medical exams, security check at the airport). You may also forget to wear it during some period.

When these events occur, please list the activity(s) you have participated while the accelerometer was not worn along with the date and time (time taken off/time put on) that you did not wear it. This includes *personal hygiene time (i.e. shower) and sports (e.g. swimming, surfing)*. It is also important to register the time when going to sleep as well as the time of waking up in the morning.

Date:	Day of the week	Activity developed	Time Off	Time On	Sleeping Start	Sleeping End
Example: 10/10/18	Wednesday	Shower	8:45 AM	9:00 AM	23:30 PM	7:15 AM
Example: 11/10/18	Thursday	Soccer Game	18:30 PM	19:30 PM	23:40 PM	7:20 AM

Note: Please use the back of this form for extra entries.



[illegible]