

## Movement Sensor Instruction Sheet

The GENEActiv movement sensor is a device that is worn on your wrist, just like a watch. It records how much time you spend resting and doing different intensities of physical activity. The sensor is *not* capable of tracking where you go on a daily basis.

### Wearing the movement sensor



1. Place the movement sensor on the wrist of your non-dominant hand (the hand that you don't use to write with)
2. The movement sensor is placed correctly when you are able to read the serial code on the front (see photo)

Please wear the movement sensor for **7 days, day and night, starting as soon as possible**. The movement sensor is fully waterproof, so you don't need to worry about getting it wet. It can be worn in the bath/shower and whilst doing water-based activities such as swimming.

Please don't remove the sensor until the 7 day period has finished. It is very important to us that the sensor records all the movement you do during this period. However, if you do need to take the sensor off for any reason please put it back on as soon as possible afterwards.

### Returning the movement sensor to us

Once you have finished wearing the sensor, please return it in the FREEPOST padded envelope provided, along with your completed questionnaire booklet. You do not need to use a stamp.

Once we have received the movement sensor and questionnaire booklet, we'll send you a shopping voucher as a thank you for your contribution to this research study.