ACTIVITY METER INSTRUCTIONS

Morning wakeup

⚠️ Make sure that the red box (hip activity meter) sits flat on the belt
⚠️ Adjust the red box meter so it is at your right hip. Hint: remember: “red on right”
⚠️ Adjust the belt so it fits tightly but comfortably on your waist so the red box cannot move from your hip

During The Day

⚠️ Make sure that the red box meter is always on your right hip
⚠️ Make sure the belt is still tight but a comfortable fit.
⚠️ Remember; only take off the red box meter if you are going to get wet, like taking a shower or swimming.
⚠️ Make sure you correctly put the red box meter back on as soon as you are finished

Before bed at night

⚠️ Make sure that the times of any naps during the day and sleeping times at night are written in the log.
⚠️ Make sure you note in your log, any times the red box meter was off and when it was put back on in the log.

If you have any questions or problems, please call Amanda @ 206-884-8197 or PLAY@seattlechildrens.org
24-Hour ACTIVITY LOG INSTRUCTIONS

- Encourage the red box meter to be on all day, even during sleep times.
- Record all sleep times.
- Circle ON if the meter was worn during sleep times circle OFF if it was removed for sleep.
- Please write down when the meter is off, why taken off, and when it was put back on.

**Example:**

Showering at 7:00 in the morning, the red box meter should be off while showering. It was put back on at 7:15 a.m.

Swimming at 4:00 in the afternoon, the red box meter should be off while swimming. It was put back on at 4:30 p.m.

If your child wishes to remove during nap from 2:30 p.m. to 3:00 p.m. but keeps the meter on overnight.

**Please write these activities on your log as follows:**

<table>
<thead>
<tr>
<th>Sleep</th>
<th>Meter</th>
<th>Got up</th>
</tr>
</thead>
<tbody>
<tr>
<td>2:30PM</td>
<td>Nap ON</td>
<td>3:00PM</td>
</tr>
<tr>
<td>8:05 PM</td>
<td>Overnight sleep</td>
<td>OFF</td>
</tr>
<tr>
<td>Time off</td>
<td>Reason off</td>
<td>Time on</td>
</tr>
<tr>
<td>7:00AM</td>
<td>Showering</td>
<td>7:15AM</td>
</tr>
<tr>
<td>4:00PM</td>
<td>Swimming</td>
<td>4:30PM</td>
</tr>
</tbody>
</table>