

ACCELEROMETER INSTRUCTIONS

Model: ActiGraph wGT3X-BT

ABOUT THE ACCELEROMETER

The accelerometer is an activity monitor that measures movement. The accelerometer is located inside the black pouch (Figure 1), secured on the elastic strap which you will buckle around your waist like a belt.

Please do not open the pouch! The unit is oriented in a particular direction and does not need to be turned on or off; simply wear it as is.

WEARING YOUR ACCELEROMETER

- Wear the accelerometer snugly at the top of your hips (Figure 2), just above your **non-dominant hipbone**. In other words, if you are **right-handed**, the accelerometer should be on your **left hip** (the opposite is true if you are left-handed).
- To adjust the accelerometer belt, simply pull on either end.
- Remember that you can wear your accelerometer **above or underneath** your clothing, whatever you prefer!



Notice that the model in Fig. 2 is wearing the accelerometer on her **right** hip, this is because she is **left-handed**.

USING YOUR ACCELEROMETER

You will wear the accelerator as much as possible for periods of 7 days at a time. **On each of the 7 days:**

1. As soon as you wake up, put your accelerometer on and record the time on the accelerometer log.
2. Every time you take the accelerometer off within the day, you must record on the accelerometer log:
 - a) the time you took it off;
 - b) the time you put it back on; and
 - c) the reason for taking it off (ex. napping, swimming, other water activities)
3. Prior to going to sleep, take the accelerometer off and record the time on the accelerometer log.

At the end of the 7 days, you will return the accelerometer (and paper accelerometer log, if applicable) to us at your next SickKids visit or by mail. We will provide you with a pre-paid envelope for mailing when needed.

YOU SHOULD ONLY TAKE OFF THE DEVICE FOR:

SLEEPING & NAPPING:

Take the device off each time you sleep or nap. Remember to record these times on your accelerometer log.

WATER-RELATED ACTIVITIES:

The accelerometer is not waterproof and cannot be worn while showering, bathing or swimming. Remember to record the activity and the times you take on/put on the device on your accelerometer log.

ACCELEROMETER LOG

There are two options for completing the accelerometer log:

a) On paper

A blank copy of the log will be provided when you receive the device. You will return the completed log, along with the accelerometer, at your next hospital visit or by mail.

Figure 3 Sample of Completed Accelerometer Log (Paper Version)

	Day 1	Day 2	Day 7
Date	Jan 2, 2020	Jan 3, 2020	Jan 8, 2020
Time of day you put on the unit	6:30 <input checked="" type="checkbox"/> AM <input type="checkbox"/> PM	7:30 <input checked="" type="checkbox"/> AM <input type="checkbox"/> PM	6:45 <input checked="" type="checkbox"/> AM <input type="checkbox"/> PM
Time of day you took off the unit	8:30 <input type="checkbox"/> AM <input checked="" type="checkbox"/> PM	9:45 <input type="checkbox"/> AM <input checked="" type="checkbox"/> PM	8:30 <input type="checkbox"/> AM <input checked="" type="checkbox"/> PM
Any time(s) you did not wear the unit? (e.g. naps, bath/shower, swimming)	2:00-3:30 PM (Nap)	6:30-7:00 PM (Shower)	6:30-7:00 PM (Shower)

b) Electronically

You will be provided the URL to the online log, to be submitted at the end of the 7 days. You also have the option to setup daily notifications as reminders to complete the log.

Figure 4 Sample of Accelerometer Log (Electronic Version)

ATOMIC Physical Activity Study - Accelerometer Log

Day 1 - Date D-M-Y

Day 1 - Time of day you put on the device (after waking up) H:M

Day 1 - Did you take the device off at any point during the day? Yes No

Day 1 - Time of day you took off the device (before going to sleep) H:M

TIPS FOR PROPER USE

- Please take care of the accelerometer. It contains valuable information and is very **expensive**.
- Remember to keep the accelerometer away from water (do not shower, bathe, or swim while wearing the device)
- Should you forget to wear your accelerometer for one day, please let us know so we can arrange for you to wear it for an additional day.
- Keep the accelerometer log in a convenient place or bookmarked so you remember to keep track of the times that the unit was put on or taken off.
- You **do not** need to worry about charging the unit at any point.
- **It is extremely important that you do not change your activity whit week by doing more or less than you usually do.**



We are always here to answer any questions you may have!

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