

ID Number:

Please read the instructions carefully and then complete the diary for two weeks. Please return the diary in the stamped envelope. If you do not wish to complete the toenail clipping study, please still send back this completed diary.

INSTRUCTIONS

This form records how much time the study participant spends indoors or outdoors each day/week.

An example is provided for your reference to help you complete the diary entries. For each day of the first 2 weeks of the study fill in the information for each column/day. If there is no change between the days then you can draw an arrow to indicate that your activities continued the same throughout the week. When activity changes, for example from school to holidays or holidays to school, write down that it changed (see example).

EXAMPLE

Week beginning Date: 07/11/2017 **School**/Holiday/Other (circle which applies to this week)

Activity, to nearest whole hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Hours indoors: classroom, music etc	9	→	→	→	10	4	2
Hours outside: sport, training, walking / cycling to or from school	2	→	→	→	→	4	4
Hours reading, homework, video / computer / tablet / mobile phone use	5	→	→	→	6	7	4

Time indoors does *not* include sleeping. Hours indoors and hours spent doing near work will overlap, which is expected.

Participant name.....

Week 1. Date: ___/___/___ School/Holiday/Other (circle which applies to this week) If Other, please describe:.....

Activity, to nearest whole hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Hours indoors: classroom, music, evenings etc								
Hours outside: sport, training, walking / cycling to or from school								
Hours reading, homework, video / computer / tablet / mobile phone use								

Week 2: Date: ___/___/___ School/Holiday/Other (circle which applies to this week) If Other, please describe:.....

Activity, to nearest whole hour	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Hours indoors: classroom, music etc								
Hours outside: sport, training, walking / cycling to or from school								
Hours reading, homework, video / computer / tablet / mobile phone use								