

Day _____ Activity monitor put on: _____ (time) Activity monitor taken off: _____ (time)

Time of day	 Lying Down	 Sitting	 Standing	 Walking	 Dancing	 Swimming	 Riding my bike	 Running	 Trampoline	What was your child doing? Please write down what your child was doing, for example watching TV, going to the park, playing football.
<i>Example</i>		✓						✓		<i>Watching TV, then football</i>
6 to 7am										
7 to 8am										
8 to 9am										
9 to 10am										
10 to 11am										
11 to 12 noon										
12 noon to 1pm										
1 to 2pm										
2 to 3pm										
3 to 4pm										
4 to 5pm										
5 to 6pm										
6 to 7pm										
7 to 8pm										
8 to 9pm										
9 to 10pm										
10 to 11pm										