

CHILD OF THE NEW CENTURY

AGE 14 SURVEY

ACTIVITY MONITOR

MORE INFORMATION

To see how young people's activity varies from day-to-day, we'd like you to wear an activity monitor for one day during the week and one day at the weekend.

Your **activity monitor** days are:

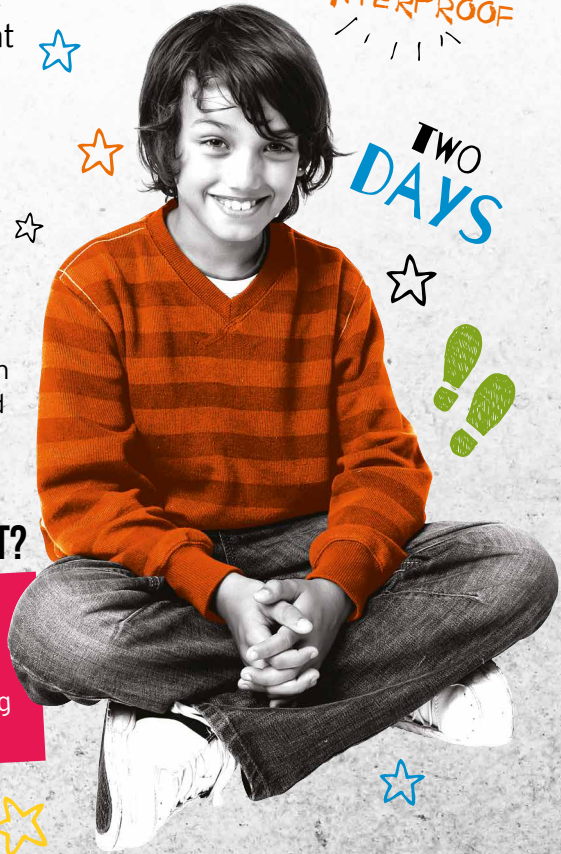
Day 1: (Mon-Sun) / /
DD MM YYYY 

Day 2: (Mon-Sun) / /
DD MM YYYY

You cannot swap the days you have been given for different days. We're interested in these two days even if you are less active or more active than usual.

WHEN SHOULD I START WEARING IT?

We would like you to put the monitor on before going to bed the night before each of your two selected days. You should leave it on until the morning after each day.



HOW SHOULD I WEAR THE ACTIVITY MONITOR?

We would like you to wear it on the wrist of the hand you **don't** write with.

- ☆ It is waterproof so you can wear it in the bath or shower.
- ☆ We would like you to wear it when you are doing sports, including swimming, and it is safe for you to do this. You should take it off if you dive more than 10 metres underwater.
- ☆ If you are taking a flight you should put the monitor in your checked luggage. If you are only taking carry-on luggage then don't take the activity monitor with you.

CAN IT TRACK WHERE I AM?

The monitor measures and records movements. It is not able to track where you are. It does not have GPS or a hidden camera.

WHAT ABOUT WHEN I AM AT SCHOOL OR PLAYING TEAM SPORTS?

We would like you to wear the activity monitor at school and when you are playing team sports. We hope that your teachers and sports clubs will be happy for you to do this. The interviewer will give you letters that you can give to teachers or sports clubs that explain why you are wearing the monitor.



THANK YOU FOR YOUR HELP

HOW SHALL I SEND IT BACK?

After the second day, please put it in the return package and post it back to us as soon as possible. You don't need to put a stamp on it. If you lose the package and need another one, let us know and we will send you one.

WILL I GET ANY FEEDBACK ABOUT MY ACTIVITY LEVELS?

Unfortunately we will not be able to give you any feedback about your individual activity levels while you were wearing the monitor. The data we get from your activity monitor will be combined with similar information from thousands of other fourteen year olds. This will allow us to build a detailed picture of activity among your generation.



CONTACT US

If you have any questions about the activity monitor you can contact us on:

Tel: 0808 238 5446

Email: childnc@ipsos.com

Calls from landlines are free but costs from mobile phones may vary, please check with your provider.



PLAYING SPORTS



Ipsos MORI

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