

G-Sensor Pedometer

Your G-Sensor pedometer can be used straight out of the box. It has multiple functions, but for the purpose of the Australian Health Survey we are only collecting the number of steps you take each day.

Remove the pedometer from the box. You will need to remove the plastic strip 'battery guard' for the pedometer to work. You will also have to remove the plastic screen guard.

How to wear your pedometer

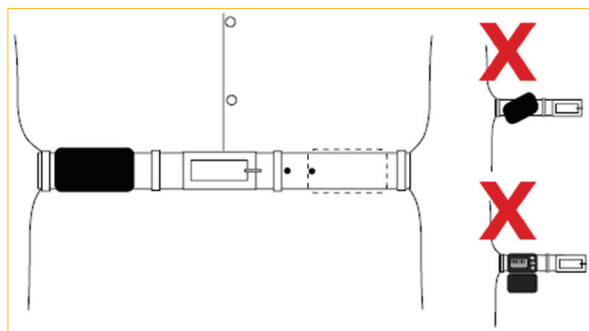
Attach the pedometer onto your belt or waistband. Make sure the pedometer sits firmly against your body - positioned close to your hip and vertically in line with your knee.

If the pedometer doesn't sit flat in this position, move it around your waistband toward your hip.

The safety clip should be used, attached to your belt, waistband or nearby, to prevent accidental damage or loss.

Try placing the pedometer in a few different positions until it sits as flat, upright and level as possible.

The pedometer will not count your steps accurately if it is significantly tilted backwards, forward, sideways or is left open.



Daily Activity Record Sheet

On the day after your interview:

1. Attach the pedometer to your waistband, making sure that the pedometer is sitting as flat and straight as possible.
2. If your pedometer isn't displaying 00000; press the 'Reset' button to reset the step count back to zeros.
3. Note the time that you put the pedometer on, on your daily activity record sheet, next to 'Time first on':
4. Before you go to bed record the total number of steps you have taken for the day.
5. Note the time that you removed your pedometer, next to 'Time last off' on the daily activity record sheet;
6. Finally, reset the step count back to zero by pressing the 'Reset' button. Your pedometer is now ready for use the next day.

If by chance you push the 'Set' button at anytime, you can get back to the step count display by pushing the 'Mode' button once.

If you do take your pedometer off during the day, such as when you take a shower, make a note of your reason for taking the pedometer off, and record how long it was off for, on your daily activity record sheet.

Please refer to the instructions included in the box your pedometer came in for other pedometer functions.

Day 1

Write down the number of steps shown on your pedometer at the end of each day before pressing the 'Reset' button.

Date: 3/4/2011

Total number of steps taken today: 4,567

Time first on: 8.30am

Time last off: 9.50pm

Note the times you put the pedometer on in the morning and take it off at night.

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason
15 mins	Had shower

Note why and for how long you take the pedometer off each time you remove it during the day.

Australian Health Survey

Pedometer use guide and daily activity record sheet



Day 1

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 2

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 3

Date: _____

Total number of steps taken today:

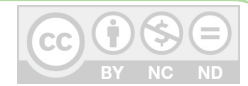
Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 4



Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 5

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 6

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 7

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason

Day 8

Date: _____

Total number of steps taken today:

Time first on: _____

Time last off: _____

Any times you removed the pedometer? If yes, how long for, and what were you doing?

How long	Reason