



What we do matters

Your Activity Recorder explained

Please record your activities

Welcome

Thank you for taking part in research with the University of Oxford. We try to understand how our activities relate to enjoyment and energy use.

Please help us by recording your activities during the period shown on the cover. This booklet explains how to do it.

Feel free to play with the recorder before the day to help you find things more easily.

1) Enter activities in real time with



2) If that is not possible,
record activities afterwards with

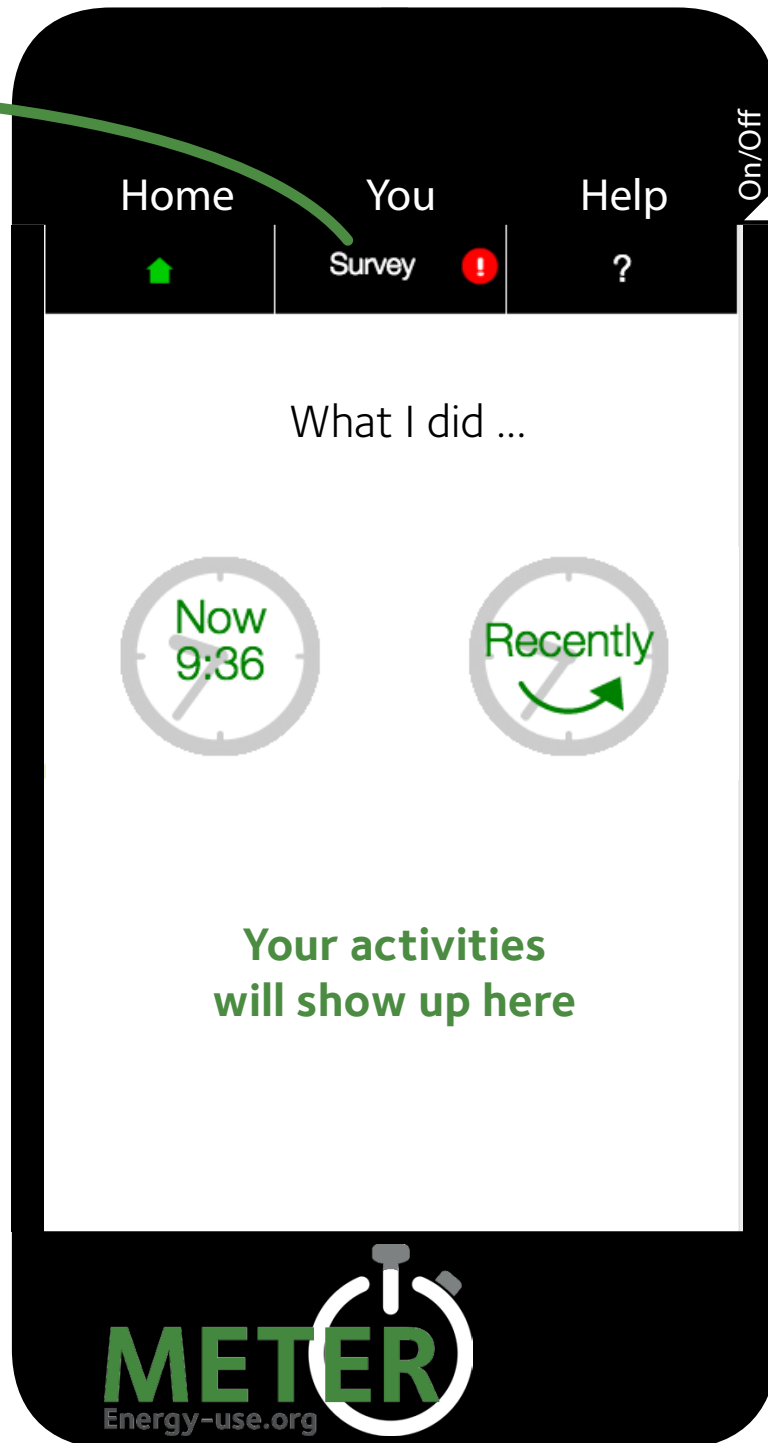


Try recording 25 activities to earn ★★★★★ and the chance to win a prize.

At the end of this booklet is space for notes, and to draw your own energy use profile on the back.

Your Activity Recorder

! Start
with the
survey



You have six options

Question

Possible options

Try things out
you can go back

When
nothing
else fits



Here are some examples of the sort of things you may wish to enter and how to find them

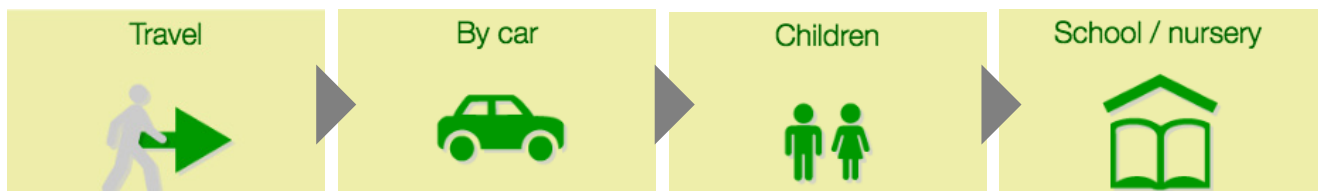
Getting dressed



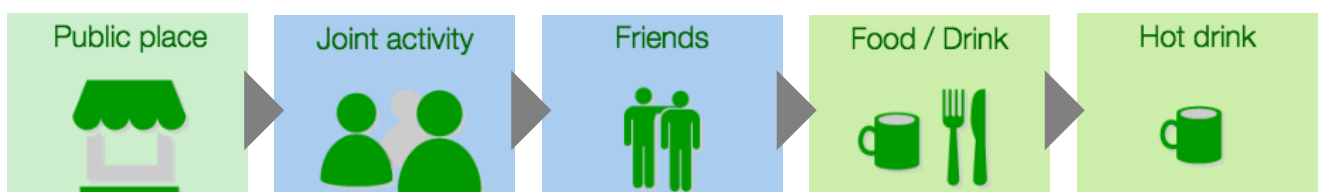
Loading the dishwasher



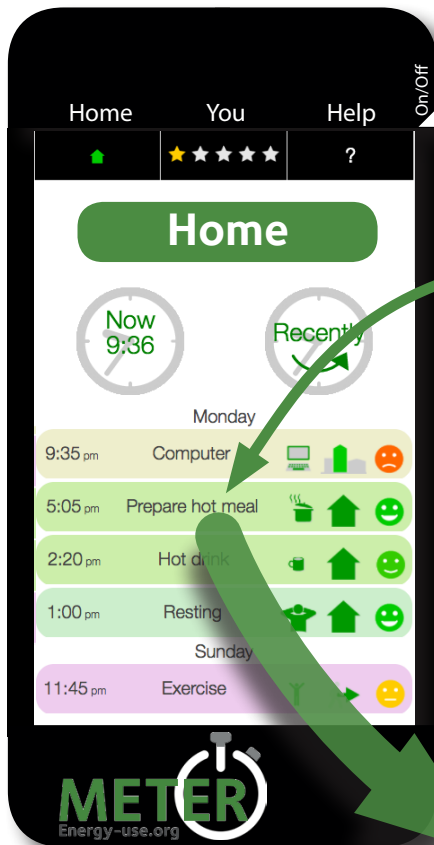
School run



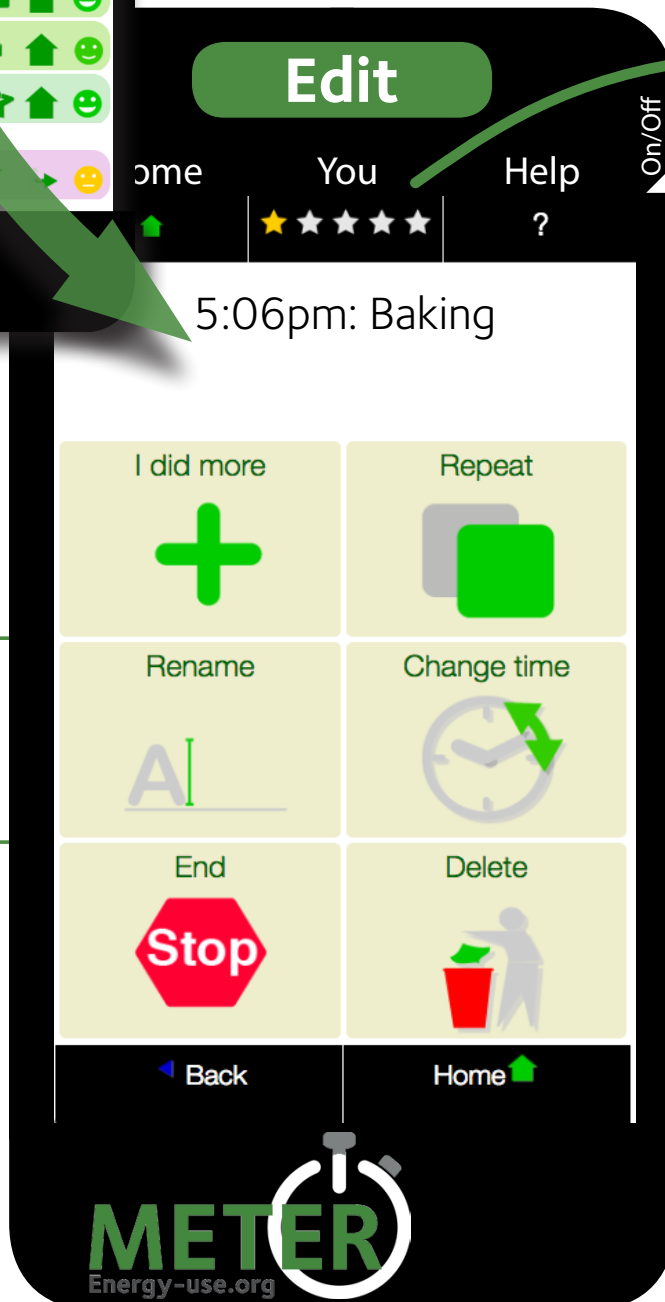
Coffee with a friend



Emailing in the garden on an mobile device



Tap on activities to **Edit** them for quick changes or to add detail



Earn stars
★★★★★ for
25 activities

Add more

If you do more than one thing

Customise

In your own words...

Finished?

When it is over [optional]

Repeat

If you did it again (or still)

Wrong time?


Adjust it here

Made a mistake?

It can be easiest to re-enter

We get asked these a lot....


What if I cannot find what I am doing?

Don't worry. Some activities are not available and we don't need great detail on everything. Just go for what fits best. Afterwards you can customise  on the **Edit** screen (tap the activity).

What if I made a mistake?

Use the  button or the **Edit** screen to make changes. It can be fastest to delete  an entry and make it again.

What if I do more than one thing?

Enter them all. A quick way is to tap on the activity and go to I did more .

How many entries should I record?

The more the merrier. Try to capture your main activities, meals and when you leave or return home. Aim for 25 activities to earn ★ ★ ★ ★ ★ and the chance to win a prize.

Who counts under 'How many people were with me'?

Only count people you are interacting with in some way

When should I make my entries?

It is a really good idea to record your activities near the time. You'll be surprised how difficult it can be to remember what you did even a short while ago.

In other words, try to use  more than .

[illegible]

Be sure to enter them in the recorder before returning it

Recorded?

Yes

No good match

[illegible]

Notes and feedback

Did everything work OK for you? Tell us what we can do better.

Thank you

You made an important contribution to research

Draw your own profile

Draw a curve. When do you think you used most electricity?

