

## In your pack you will find



**Activity recorder**  
and instruction booklet  
for anyone older than 8



**Electricity recorder**  
to fit under your meter, with  
instructions on the case



**Prepaid return envelope**  
Please send the recorders back  
even if you choose not to use them

## What you can do now

1

### Attach the electricity recorder

Find your electricity meter and follow the  
instructions on the case of the recorder

2

### Have a play with the activity recorder

Start by telling us about you in the [survey](#)  
Then try to record your first activity [here](#)  
You can practice a little before the day



The booklet shows  
you how it works

## On Sunday at 5pm

### Record your activities

from 5pm until 9pm the next day  
The more the better - for 25 entries  
you earn ★★★★★



## When done

- 1) Remove the electricity recorder
- 2) Collect all activity recorders
- 3) Put in the white envelope and drop in a letterbox

### Questions?

If you are unsure about the process,  
please contact us

### Thank you!

We are grateful for your contribution  
to this research study and hope you  
enjoy taking part

### Your Meter Team

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