

2) Diary Instructions:

Step 1

- Be sure that your diary is easy to access so that you can record what activity you do each day.
- You may record your activity each day on the paper diary or through the online diary, whichever is most convenient for you.
- If you have Internet access, please be sure to enter your daily activity into the online diary at least once a week if you haven't been doing it every day.

Step 2

- Be sure to keep track of your activity each day. At the end of each day, record the type of activity that you did, how long you were active and how many steps that you took based on the pedometer.
- The online diary will ask for you to choose which activity that you completed each day. If your option is not there you may type in your type of activity. If you did not complete any activity that day, please choose none.
- You will also be asked to enter in the number of minutes that you were doing one or more of the activities each day. If you did not do any activities enter 0 for that day.
- You will also be asked to enter in the number of steps that you took each day based on your pedometer reading. If you did not take any steps enter 0 for that day.

Step 3

Do this every day for 4 months and/or duration of the study.

We are counting on you to keep an accurate diary. The more accurate your diary is the more we will learn. Share your diary with your clinicians, such as your clinic nurses or doctor, to receive input and advice. Consult your health care team if you have any questions or concerns about keeping the health diary.