

## DIRECTIONS FOR WEARING PEDOMETER

### **IMPORTANT:**

The lid must be closed all the way (i.e., it clicks/snaps shut) for the pedometer to work correctly and register.

Wear pedometer on dominant hip, close to body, directly over midline of your front thigh. Fasten to belt or waistband (e.g., clipped on pants, skirt or belt). The pedometer tends to fall off of clothing such as polyester, so try to wear non-slick clothing this week. Use your safety strap to help prevent loss of the pedometer.

\*NOTE: If you are wearing a dress, you'll need to attach the pedometer to a belt or to your pantyhose/underwear. If you are wearing overalls, attach the pedometer on the front chest pocket of the overalls.

DO NOT wear on the pocket of your pants, or on a jacket or jacket pocket.

**PUT THE PEDOMETER ON FROM THE MOMENT YOU GET UP, TO JUST BEFORE YOU GO TO BED.**

**WEAR FOR 7 CONSECUTIVE DAYS.**

Only **take off** the pedometer to *shower, swim, and sleep at night*.