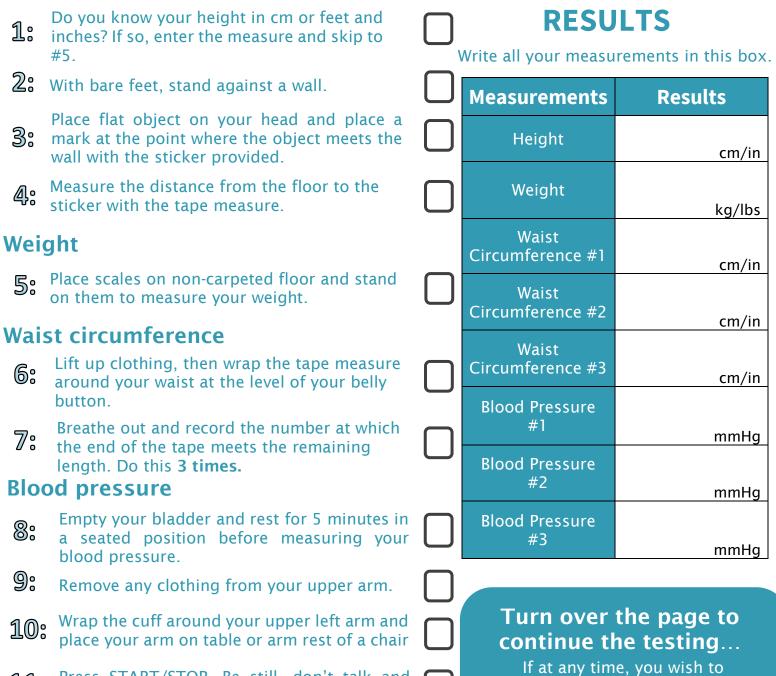


INSTRUCTIONS

Refer to the testing booklet for more details on measurements.

Height



- **11**: Press START/STOP. Be still, don't talk and relax throughout the test.
- 12: Repeat this 3 times with one-minute rest in between measurements.

motivate.ra@LJMU.ac.uk

speak to a member of the

research team, please email

YOUR CHECKLIST

Refer to the testing booklet for more details on these measurements.

INSTRUCTIONS continued

Physical activity monitoring		
13:	Wear the monitor on your non- dominant wrist (e.g., if you're right- handed, wear it on your left) for the next <u>7 days.</u>	
14:	After 7 days put the Physical Activity monitor in the provided envelope and post the same day.	
Questionnaires		
15:	Open the Google Survey link sent to you via email.	
16:	Complete the online questionnaires.	
17:	Complete the online survey (sent 7- days later via email).	C
END OF CHECK LIST		
Have you		
	Sent off the physical activity monitor in the envelope provided.	
	Filled out the online questionnaire and survey.	

If at any time, you wish to speak to a member of the research team, please email

motivate.ra@LJMU.ac.uk