

7. Activity Monitoring



TOP TIPS

- Wear the monitor on your non-dominant wrist (e.g. left if you are right-handed)
- Keep on for 7 days
- Remove in the shower, bath or when swimming – but don't forget to put it back on afterwards!

Step 1:



Place the Physical Activity Watch on your non-dominant wrist e.g. left if you are right handed

Step 2:



You will need to wear the Physical Activity Monitor for **7 days**.

If you have a continuous glucose monitor this will be worn for the same 7-day period.

Step 3:



Once you have worn the Physical Activity Monitor for **7 days**, you will need to post it back to us at LJMU. We have provided a pre-paid envelope in your testing pack.

Special Note:

If you have a continuous glucose monitor, the envelope to post back to LJMU should contain:

1. Physical Activity Monitor
2. White Glucose Sensor
3. Black Glucose Monitor

