

YOUR CHECKLIST

Have you...

- Not eaten for 12 hours
- Had no caffeine or alcohol for 12 hours.
- Not done any vigorous intensity exercise for 24 hours.

Do you have everything?

- Testing booklet
- Thin, flat object (e.g., a magazine, place mat, iPad)
- Tape measure
- Physical activity monitor
- Scales
- Blood pressure monitor

INSTRUCTIONS

Height

- 1: Do you know your height in cm or feet and inches? If so, enter the measure and skip to #5.
- 2: With bare feet, stand against a wall.
- 3: Place flat object on your head and place a mark at the point where the object meets the wall with the sticker provided.
- 4: Measure the distance from the floor to the sticker with the tape measure.

Weight

- 5: Place scales on non-carpeted floor and stand on them to measure your weight.

Waist circumference

- 6: Lift up clothing, then wrap the tape measure around your waist at the level of your belly button.
- 7: Breathe out and record the number at which the end of the tape meets the remaining length. Do this **3 times**.

Blood pressure

- 8: Empty your bladder and rest for 5 minutes in a seated position before measuring your blood pressure.
- 9: Remove any clothing from your upper arm.
- 10: Wrap the cuff around your upper left arm and place your arm on table or arm rest of a chair
- 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.

Refer to the testing booklet for more details on measurements.

RESULTS

Write all your measurements in this box.

Measurements	Results
Height	cm/in
Weight	kg/lbs
Waist Circumference #1	cm/in
Waist Circumference #2	cm/in
Waist Circumference #3	cm/in
Blood Pressure #1	mmHg
Blood Pressure #2	mmHg
Blood Pressure #3	mmHg

Turn over the page to continue the testing...

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

motivate.ra@ljmu.ac.uk

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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 7 days.
- 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.

END OF CHECK LIST

Have you...

- Sent off the physical activity monitor in the envelope provided.
- Filled out the online questionnaire and survey.

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