

# Frequently Asked Questions about the Pedometer

## **How long will I wear the Pedometer?**

You will be asked to wear the Pedometer for four (4) days, beginning on the morning of your second Evening Interview. Each day you will wear the Pedometer from the time you wake up in the morning until you go to bed for the night. You will be asked for your Pedometer reading during your Evening Interview for that day.

## **Where is the best place to wear the Pedometer?**

The Pedometer should be clipped to your belt near either of your hips. If you are not wearing a belt, it should be clipped to the waist of your pants near either of your hips. You should make sure that the Pedometer is clipped so that the display is facing up, as if someone were going to read it while you were wearing it standing up.

## **When do I have to wear the Pedometer?**

You should put on the Pedometer when you first wake up in the morning and wear it all day until you go to bed at night. It may be helpful to place it on a nightstand close to your bed when you go to sleep so that you know where it is every morning.

## **When should I record my Pedometer reading?**

You will be asked for your Pedometer reading during your Evening Interview on the days that you wear the Pedometer.

## **What do the numbers mean?**

The numbers on the Pedometer tell you how many steps you have taken while you are wearing it.

## **What do the buttons do?**

You should not push any of the buttons on the Pedometer, unless instructed to do so by your interviewer. Doing so may cause the Pedometer to reset its step count. It will work normally on its own without you having to do anything to it. If you accidentally push one of the buttons, please make a note of it and let your interviewer know during your next Evening Interview.

## **Can I get the Pedometer wet?**

Accidental splashes of water should not harm the Pedometer, such as when you are doing dishes or washing your hands. However, you should not put the Pedometer under water or wear it in the shower, bathtub, swimming pool or other similar places.