



HCHS/SOL Physical Activity Monitor Take-Home Instructions

As part of HCHS/SOL, you have been asked to wear a physical activity monitor. Here are some simple instructions that should be followed while wearing the monitor.

- ALWAYS wear the monitor (attached to the belt) against your right hip bone; the words on the monitor and the ID sticker should always be facing up.
- The monitor can be worn against the skin or underneath clothes or on top of your clothes.
- The important point is to have the monitor belt tight enough so that the monitor does not jiggle around when you move.
- Remember the monitor must be worn from the time you wake up in the morning until you go to bed at night day, all day – every day for **seven** days in a row, from _____ to _____.
- Take the monitor off only for **showering, bathing, and sleeping**. If you remove it during these times, put it back on immediately afterwards.

Once you have finished the 7th day, please place the monitor in the self-addressed stamped enveloped that was provide to you and put it in the mail.

******It is really important that you return the monitor to us.
The monitors are very expensive and will be used again. *****

If you have any questions or concerns about wearing the monitor, please call 619-205-1923.

Thank you for helping us in this important part of HCHS/SOL.