

Work Log



Participant ID: _____

Instructions: Complete this log to document the time spent working on days you are wearing study devices. This will help our staff differentiate between your work-related physical activity and other physical activity.

- Record the start and end time(s) for your work day. Make sure to provide the date.
- You do NOT need to record breaks or travel to other worksites unless your break is longer than 1.5 hours.
- You do NOT need to record your place of employment.
- If you have a gap of time between shifts or jobs that last more than 1.5 hours (i.e., working in morning, off in the afternoon, and working in the evening) record this information in the log.
- Day 1 is the day you first start wearing the devices.



TIP: Filling out this log at the same time every day, such as in the evening, can be a good way to help you remember to complete it.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8
Start of Work (or 1st shift)	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:
	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
End of Work (or 1st Shift)	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:
	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
No Work Today	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Fill out the below section if you have a break of more than 1.5 hours between shifts or jobs:

Start of 2nd Shift	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:	Start Time:
	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM
End of 2nd Shift	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___	___/___/___
	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:	End Time:
	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM	AM / PM

Please return devices and logs on: ___/___/___

Please remember to return all devices, chargers, and logs that were given to you at the start of the study

Write in the date and time your work day begins

EXAMPLE Work Log for Two Days

	Day 1	Day 2
Start of Work (or 1st Shift)	7/24/2021	7/25/2021
	Start Time: 7:27 AM / PM	Start Time: 6:27 AM / PM
End of Work (or 1st Shift)	7/24/2021	7/25/2021
	End Time: 5:32 AM / PM	End Time: 2:32 AM / PM
Fill out the below section if you have a break of more than 1.5 hours between shifts or jobs:		
Start of 2nd Shift	7/24/2021	
	Start Time: 7:30 AM / PM	Start Time: AM / PM
End of 2nd Shift	7/25/2021	
	End Time: 12:45 AM / PM	End Time: AM / PM

Write in the date and time your work day ends

If you have a break that lasts more than 1.5 hours before you return to work - write your returning time in the space for the next "shift"

If you work overnight, pay attention to the date and time of the END of your shift

If you do NOT have a break that lasts more than 1.5 hours you do not need to fill out the "2nd Shift"

If you have more than two jobs or shifts in a day, use the log below to track work times. You do NOT need to record the place of employment for each job.

[illegible]