Work Log

Participant ID:

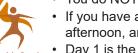


Instructions: Complete this log to document the time spent working on days you are wearing study devices. This will help our staff differentiate between your work-related physical activity and other physical activity.

- 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.

the same time every day, such as in the evening, can be a good way to help you remember to complete it.



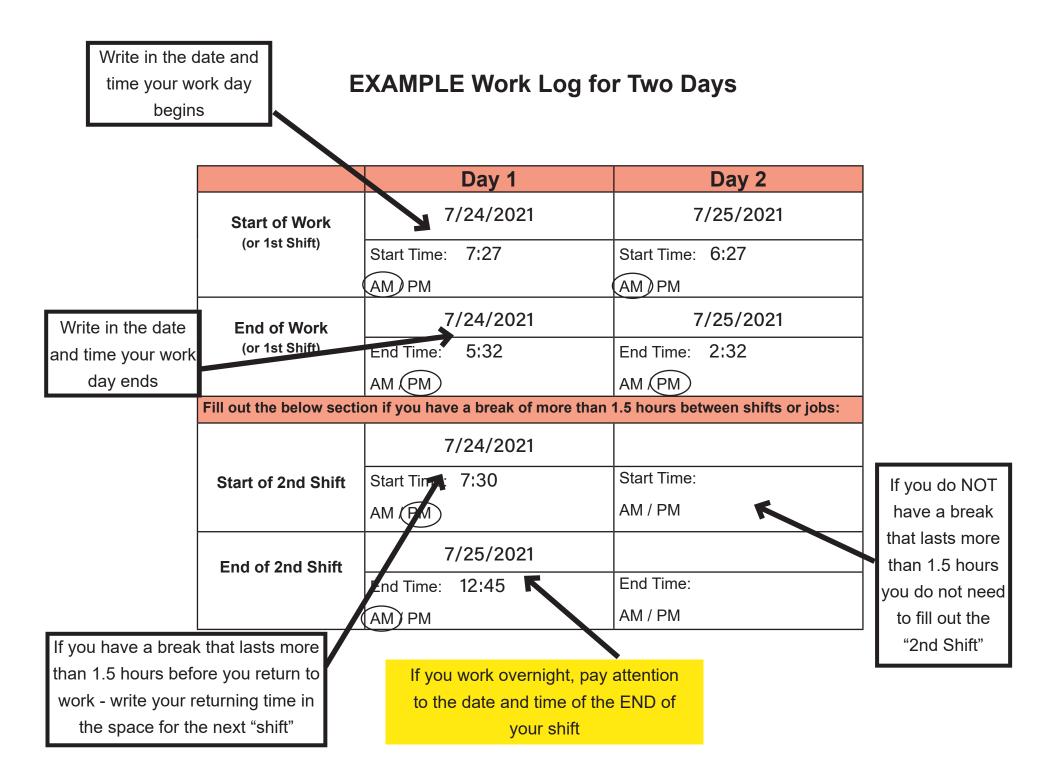
• If you have a gap of time between shifts or jobs that last more than 1.5 hours (i.e., working in morning, off in the afternoon, and working in the evening) record this information in the log.

spanic Community Health Study • Day 1 is the day you first start wearing the devices.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8		
Start of Work (or 1st shift)	//	/	//	//	//			//		
	Start Time:									
	AM / PM									
End of Work (or 1st Shift)	//	//	//	//	//		/	//		
	End Time:									
	AM / PM									
No Work Today										
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:									
	AM / PM									
End of 2nd Shift		//	//	//	//		//			
	End Time:									
	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





Participant ID: _____



ADDITIONAL SHIFTS/JOBS

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.

THIS PAGE SHOULD ONLY BE USED IF YOU HAVE MORE THAN TWO SHIFTS OR JOBS IN A DAY.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8		
Start of Additional Shift (3rd Shift)	//	//				//				
	Start Time:									
	AM / PM									
End of Additional Shift (3rd Shift)	//					//				
	End Time:									
	AM / PM									
Fill out the below section for any additional shifts or jobs for the same day:										
Start of Additional Shift (4th Shift)	//					//				
	Start Time:									
	AM / PM									
End of Additional Shift (4th Shift)	//					//				
	End Time:									
	AM / PM									