

YOUR CHECKLIST

Have you...

- Not eaten for 12 hours
- Had a glass of water

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
- Bloods kit
- Flash glucose monitor
(You might not have this!)

INSTRUCTIONS

Refer to the testing booklet for more details on measurements.

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: Rest for 10 minutes 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.

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

MotivateLJMU@LJMU.ac.uk

YOUR CHECKLIST

Refer to the testing booklet for more details on these measurements.

INSTRUCTIONS continued

Blood collection

- 13: Wash your hands in warm water for 2 minutes, and dry. Have tissue ready to help during collection.
- 14: Clean your little finger with the alcohol wipe.
- 15: Twist off the cap from the lancet.
- 16: Place the lancet on the outside of the little finger & apply pressure until you hear a click and feel a scratch.
- 17: Wipe the first drop of blood away with some tissue.
- 18: Massage the side of the hand from the wrist to the finger. As blood droplets form, gently touch them on the inside edge of the collection tube.
- 19: Fill the collection tube until 500µl.
- 20: Replace the lid of the collection tube and invert the tube several times.
- 21: Clean the finger with tissue and apply pressure, put on a plaster if needed.
- 22: Place the collection tube back into the plastic clamp shell & seal.
- 23: Pack the plastic clamp shell into the prepaid envelope and post on the same day.

Glucose monitoring

- 23: Clean the back of your arm with an alcohol wipe & allow to dry.
Unscrew the cap from the grey applicator, and open the white sensor.
- 24: Insert the grey applicator into the white sensor by lining up the dark lines.
- 25: On a hard surface, press down firmly on the grey applicator until it clicks and comes to a stop.
- 26: Lift the sensor applicator out of the sensor pack. Be careful not to touch inside the sensor applicator.
- 27: Place the applicator over the clean area at the back of your arm and push down firmly to apply the sensor to the body.
- 28: Gently pull the sensor applicator away from your body. Make sure the sensor is secure. Wear for 7 days.
- 29: Scan the sensor with the reader to ensure the sensor is working. If it does not work, please contact us.

Physical activity monitoring

- 30: 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.
- 31: Post both the Physical Activity Monitor and Glucose Sensor & Reader, using the prepaid envelope.

Questionnaires

- 32: Open the Google Survey link sent to you via email.
- 33: Complete the 3 online questionnaires.
- 34: Complete the online survey.

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