

Pedometer Program at Nazareth Clinic

RIT Active Ankle-Foot Orthotic Project

Overview:

Thank you for participating in the pedometer program with Nazareth Clinic. The information collected will be used by undergraduate engineering students at Rochester Institute of Technology (RIT) to help advance their senior design project, an active ankle-foot orthotic.

Instructions:

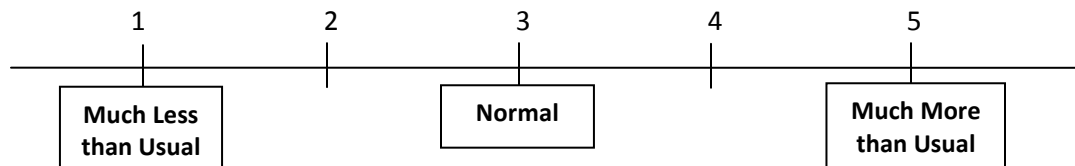
Please follow the instructions listed below each day for a total of 3 days, if possible.

- 1.) At the beginning of the day, put on the pedometer. *Note: Please refer to the attached document for instructions on how to properly wear the pedometer.*
- 2.) Wear pedometer for the duration of the day
- 3.) Right before bed, remove the pedometer and complete the questionnaire below for the appropriate day of program (i.e. day 1, 2 or 3)

** When complete, please return this worksheet to J.J during your next clinic visit or email your results to RIT student Geni at Gmq8029@rit.edu*

Questionnaire:

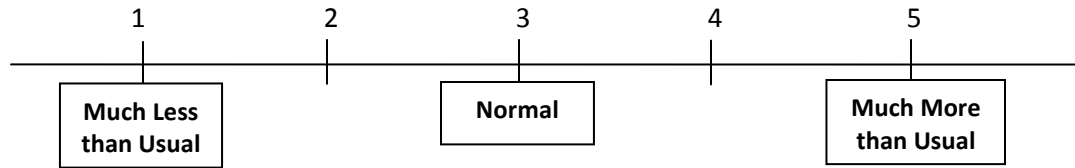
- 1.) Record the number of steps taken: _____
- 2.) Using the following scale, please rate your activity level today (circle one number)



- 3.) If you felt that your activity level did **NOT** reflect normal day-to-day activity (answered 1 or 5), please briefly describe why? (i.e. sick, more errands to run, etc)

Questionnaire: Day 2

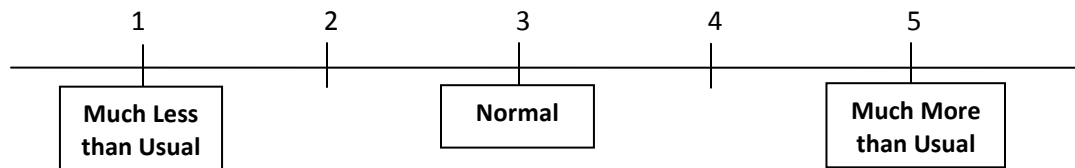
- 1.) Record the number of steps taken: _____
- 2.) Using the following scale, please rate your activity level today (circle one number)



- 3.) If you felt that your activity level did **NOT** reflect normal day-to-day activity (answered 1 or 5), please briefly describe why? (i.e. sick, more errands to run, etc)

Questionnaire: Day 3

- 1.) Record the number of steps taken: _____
- 2.) Using the following scale, please rate your activity level today (circle one number)



- 3.) If you felt that your activity level did **NOT** reflect normal day-to-day activity (answered 1 or 5), please briefly describe why? (i.e. sick, more errands to run, etc)

Thank you for your Participation! 😊