



## Completing the Calendar Diary

We would like to know more about how you filled out your **Calendar Diary**. Please place an “X” on each line below at the point which matches your opinion. Please ensure your “X” cuts through the line.

### Remembering to fill in the diary was ....

Very easy \_\_\_\_\_ Very hard

### Remembering how often I had walked was ....

Very easy \_\_\_\_\_ Very hard

### Completing the diary every day was....

No effort at all \_\_\_\_\_ A lot of effort

### For me, completing the diary was...

Very useful \_\_\_\_\_ Not at all useful

### Wearing the Activpal for a week was...

No effort at all \_\_\_\_\_ A lot of effort

### For me, Activpal was...

Very useful \_\_\_\_\_ Not at all useful

### I preferred using the...

Activpal \_\_\_\_\_ Calendar Diary

# EXACT: Acceptability Questionnaire

ID: \_\_\_\_\_



**I completed my diary....**

*Please choose one option.*

After every walk

Once a day

Every few days

Once a week

Less than once a week

**Each time it took me \_\_\_\_\_ minutes to complete the diary.**

**Do you have any other comments? (e.g. what you liked or disliked about the diary, whether it motivated you to walk)**

**THANK YOU FOR PARTICIPATING IN THIS STUDY AND COMPLETING THIS QUESTIONNAIRE**



## Completing the Booklet Diary

We would like to know more about how you filled out your **Booklet Diary**. Please place an “X” on each line below at the point which matches your opinion. Please ensure your “X” cuts through the line.

### Remembering to fill in the diary was ....

Very easy \_\_\_\_\_ Very hard

### Remembering how often I had walked was ....

Very easy \_\_\_\_\_ Very hard

### Completing the diary every day was....

No effort at all \_\_\_\_\_ A lot of effort

### For me, completing the diary was...

Very useful \_\_\_\_\_ Not at all useful

### Wearing the Activpal for a week was...

No effort at all \_\_\_\_\_ A lot of effort

### For me, Activpal was...

Very useful \_\_\_\_\_ Not at all useful

### I preferred using the...

Activpal \_\_\_\_\_ Booklet Diary

# EXACT: Acceptability Questionnaire

ID: \_\_\_\_\_



## I preferred using the...

Calendar \_\_\_\_\_  
Diary

Booklet  
Diary

## I completed my diary....

*Please choose one option.*

After every walk

Once a day

Every few days

Once a week

Less than once a week

Each time it took me \_\_\_\_\_ minutes to complete the diary.

Do you have any other comments? (e.g. what you liked or disliked about the diary, whether it motivated you to walk)

**THANK YOU FOR PARTICIPATING IN THIS STUDY AND COMPLETING THIS QUESTIONNAIRE**