

Appendix 1. The UVR protection diary.



- B** = By myself, outdoors
  - G** = Gardening
  - R** = Repairs
  - P** = Playing sports, exercising or going for a walk
  - SH** = Shopping or errands
  - Socialising:**
  - SFR** = Socialising with family
  - SFR** = Socialising with friends
- Travelling** (e.g., walk/train/bus/car):
  - TS** = Travelling to/from social or leisure activity
  - TW** = Travelling to/from work, school or college
  - TO** = Travelling to/from other
  - W** = Work, school or college related activity
  - O** = Other

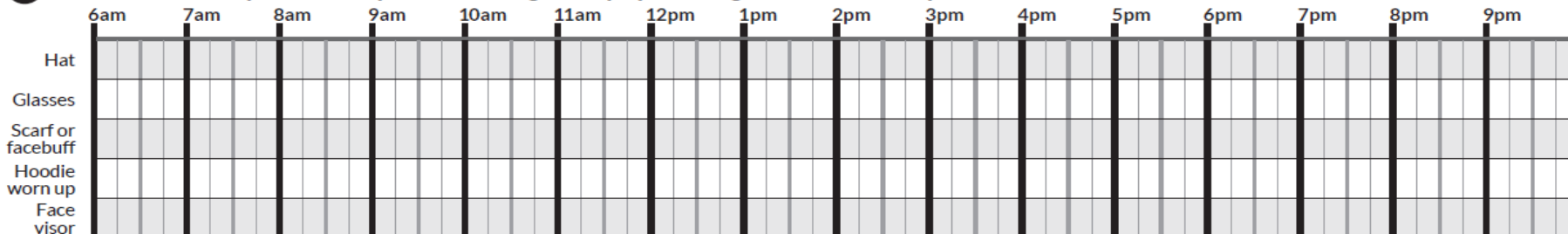
**1** Date (day of week)

**2** Did you go outside today? (Please tick) YES  NO  If no, skip to question 4

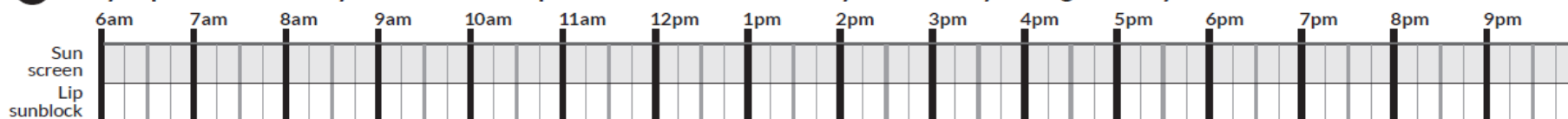
**3** Let us know when you were outside by marking a line on the diary



**4** Let us know if you wore any of these things today by marking a line on the diary



**5** If you put sunscreen on your face or used lip sun block tell us each time you did this by ticking the diary



**6** If you did not wear or use any of these things today tick in the box

**7** Did you go outside between 10pm last night and 6am today? (Please tick) YES  NO

IF YES what time did you go out?

What time did you return?

Comments