

**Data collection 1**  
(day 1)

1. Gain informed consent (adults and children)
2. Distribute accelerometers and travel/compliance logs (adults and children)



**Compliance check**  
(day 3)

Telephone contact  
(adults only)



**Data collection 2**  
(day 8)

1. Collect accelerometers and travel/compliance logs (adults and children)
2. Take height, weight, waist and hip circumferences (adults and children)
3. Administer survey (adults only)
  - A-NEWS
  - IPAQ-LF
  - Demographics