



# A checklist for the specialist: Lifestyle Assessment using your own measurement devices

## 1. Plan the project:

- During which days will the measurement take place?
- How will the devices be delivered to your clients?
- When and how will the clients return the measurement devices to you?
- Will feedback be given individually or in a group setting?
- What kind of possible further actions do you provide for your clients?

## 2. Your tasks before the measurements start:

- Collect the participants' e-mail addresses and (if needed) the delivery addresses for the devices.
- Create (a group and) profiles for the participants in the Lifestyle analysis and prepare the devices.
- Charge and prepare the devices.
- Fill in the necessary information in the cover letter and print the letters.
- Place the device, a sufficient amount of electrodes and the cover letter (instructions for the participant) in the package/envelope labelled with the name of the participant.
- Deliver the devices to your clients either during the initial information meeting or one at a time e.g. by mail.

## 3. Tasks for the participant:

- Start the measurement on the agreed time in the morning immediately upon waking up.
- Fill in the background information as well as the diary through the link that has been provided by e-mail.
- End the measurement on the agreed day in the morning and return the measurement device to the service provider.

## 4. Your tasks after the measurements:

- Download the heart rate data to the Lifestyle analysis after the devices have been delivered to you.
- Conduct the analysis and create the individual (or group) reports.
- Give individual or group feedback.
- Agree on further actions and possible follow-up measurements.