### WEEKDAY 2

- **Main Activity**
  - Transport (Walk, cycle, etc.)
  - Recreation/Sports
  - Sit/relax/meal or picnic
  - Outdoor Chores/Household Activities
  - Other
  - Was INDOORS

- **Weather**
  - Mostly Sunny
  - Partly Cloudy
  - Very Cloudy

- **Sun Protection Habits**
  - Wearing sunscreen
  - Wearing a hat
  - Staying in the shade
  - Wearing a shirt with sleeves
  - Wearing sunglasses

<table>
<thead>
<tr>
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### WEEKEND 1

- **Main Activity**
  - Transport (Walk, cycle, etc.)
  - Recreation/Sports
  - Sit/relax/meal or picnic
  - Outdoor Chores/Household Activities
  - Other
  - Was INDOORS

- **Weather**
  - Mostly Sunny
  - Partly Cloudy
  - Very Cloudy

- **Sun Protection Habits**
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- **Today's UV Index**
  - 1
  - 2
  - 3
  - 4
  - 5
  - 6
  - 7
  - 8
  - 9
  - 10
  - 11
  - 12
  - 13
  - 14
  - 15
  - not sure
### WEEKEND 2

#### Saturday

- **Today's UV Index**
  - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 not sure

- **Main Activity**
  - **10am**
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    - Sit/relax/meal or picnic
    - Outdoor Chores/Household Activities
    - Other
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- **Weather**
  - Mostly Sunny
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- **Sun Protection Habits**
  - Wearing sunscreen
  - Wearing a hat
  - Staying in the shade
  - Wearing a shirt with sleeves
  - Wearing sunglasses

- **Today's UV Index**
  - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 not sure

### WEEKDAY 1

#### Thursday

- **Today's UV Index**
  - 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 not sure

- **Main Activity**
  - **10am**
    - Transport (Walk, cycle, etc.)
    - Recreation/Sports
    - Sit/relax/meal or picnic
    - Outdoor Chores/Household Activities
    - Other
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- **Sun Protection Habits**
  - Wearing sunscreen
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  - Staying in the shade
  - Wearing a shirt with sleeves
  - Wearing sunglasses
Please answer a few more questions for us.

1. On what date did you finish completing this diary?

2. At what time(s) did you complete this diary?

3. Did you change your sun exposure/protection practices as a result of this diary?

   If YES, what practices did you change? (Fill in all that apply)

   - Wearing sunscreen
   - Wearing a hat
   - Staying in the shade
   - Covering up
   - Other

Thank you for participating!
Adult Sun Habits Diary

Thank you for taking the time to complete the 4-day Sun Habits Diary. The information you provide will help us to know more about how much time you spend outdoors and your sun protection habits.

1. Please complete your Sun Habits Diary for TWO weekdays and for TWO weekend days, for a total of FOUR days.

2. For each day, fill in the circle for the day of the week and write the date in the boxes.

3. For each hour that you are outdoors from 10am to 4pm, fill in the one circle that matches what you were doing for MOST of the hour. The hour begins at the time listed (e.g., beginning at 10:00 until 11:00am).

4. Fill in the circle that best describes the sky conditions during each hour.

5. For the "Sun Protection Habits" - For each hour, fill in the circle for each of the sun protection habits that you used.