### 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

### 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
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- **Sun Protection Habits**
  - Wearing sunscreen
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### WEEKEND 2

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

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<th>Main Activity</th>
<th>10am</th>
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#### Weather

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#### Sun Protection Habits

- Wearing sunscreen
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Please answer a few more questions for us.

1. On what date did you finish completing the diary?
   - [ ] Throughout the day
   - [ ] At the end of the day
   - [ ] The next day
   - [ ] After the four days were complete
   - [ ] Other

2. At what time(s) did you complete the diary?
   - [ ] 10am
   - [ ] 11am
   - [ ] 12pm
   - [ ] 1pm
   - [ ] 2pm
   - [ ] 3pm
   - [ ] 4pm

3. When you filled out your diary, did you... (choose one)
   - [ ] Always did it myself
   - [ ] Sometimes talked with my child
   - [ ] Always talked with my child

4. Did you or your child change your sun exposure/protection practices as a result of this diary?
   - [ ] No
   - [ ] Yes

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

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

Thank you for participating!
Child 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 your child spends outdoors and his or her sun protection habits.

If you are with your child during the days of the diary: We suggest you carry it with you and complete it every hour or two.

If you are not with your child during some or all of the "diary days": Go through the diary with your child before or after dinner and complete it with his or her help.

1. Please complete the Child 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 you are outdoors from 10am to 4pm, fill in the one circle that matches what your child was 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 your child used.