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