

Weekly log sheet

Weekly log sheet

We would like you to complete this diary at the end of each week. There are no right or wrong answers to the questions- we simply want to know what shoes you wore and how you felt. You are welcome to fill this out with the help of your parent or guardian.

Please write your participant ID (from the email sent to you)

Please write Monday's date

Please tick which days you were meant to wear your school shoes, and on those days please write which shoe you wore.

☐

Monday _____

☐

Tuesday _____

☐

Wednesday _____

☐

Thursday _____

☐

Friday _____

For the days when you did not wear your school shoes, please write which shoe you wore to school (such as runners or casual footwear).

☐	Monday	_____
☐	Tuesday	_____
☐	Wednesday	_____
☐	Thursday	_____
☐	Friday	_____

Please write how many hours you spent wearing your school shoes on each day this week

☐	Monday	_____
☐	Tuesday	_____
☐	Wednesday	_____
☐	Thursday	_____
☐	Friday	_____

Please list any problems you experienced in your legs or feet while wearing your school shoes on each day this week

- ☐ Monday _____
- ☐ Tuesday _____
- ☐ Wednesday _____
- ☐ Thursday _____
- ☐ Friday _____

Please list what activities or sport you performed on each day this week

- ☐ Monday _____
- ☐ Tuesday _____
- ☐ Wednesday _____
- ☐ Thursday _____
- ☐ Friday _____

Please list any medication (e.g. Panadol, Nurofen) or anything you used for your knee pain (e.g. braces, taping) on each day this week.

- ☐ Monday _____
- ☐ Tuesday _____
- ☐ Wednesday _____
- ☐ Thursday _____
- ☐ Friday _____

Use this space to add in any additional information you would like the research team to know from this week.
