1. Does the participant use wearable exercise technology?  Yes  No
2. What type of wearable is used?  Watch/bracelet  Waist  Ring  Chest
3. What was the duration of recording? days (suggest minimum 3 days)
4. \*\*Average daily step count:
5. \*\*Average vigorous activity time (HH:MM):
6. \*\*Average daily sedentary time (HH:MM):
   1. Total average sleep duration (HH:MM):
   2. Average sleep duration in stage 4 (deep sleep) (HH:MM):
   3. \*\*\*Sleep efficiency score:

Recorder Signature: Date:

## General Instructions

CRF is intended for participants that routinely use wearable exercise technologies.

Important note: None of the data elements included on this CRF Module are classified as Core (i.e., strongly recommended for all mitochondrial disease clinical studies to collect). Some of the data elements are classified as Supplemental – Highly Recommended (i.e., essential information for specified conditions, study types, or designs) and should be collected if exercise wearable technology studies of the impact of an intervention on patient mobility and physiology are performed, or Exploratory, as indicated by asterisks below.

\*\*Element is classified as Supplemental – Highly Recommended

\*\*\*Element is classified as Exploratory

The remaining data elements are classified as Supplemental (i.e., non-Core) and should only be collected if the research team considers them appropriate for their study.

Please see the Data Dictionary for element classifications.

## Specific Instructions

Please see the Data Dictionary for definitions for each of the data elements included in this CRF Module.

* What was the duration of recording? – Minimum of three days is suggested.
* Sleep efficiency score – Typically reported as a percentage or value out of 100 calculated by the technologies’ proprietary software algorithm.