

# 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)

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Please write Monday's date:

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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 \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

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 \_\_\_\_\_

Saturday \_\_\_\_\_

Sunday \_\_\_\_\_

Please list all shoes you wore over the weekend in the text box below:

\_\_\_\_\_

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

\_\_\_\_\_