

Actigraph

Data Processing/Wear Time Validation

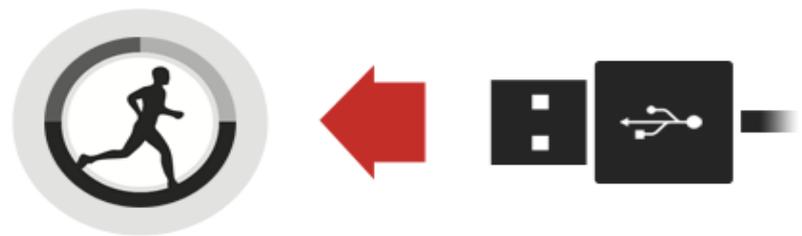




ActiLife 6
Data Analysis Software

Step 1: Double click the ActiLife icon on your computer.

Initialize Download Refresh Refresh All Identify



Wireless control for wGT3X+ and wActiSleep devices.



- List, initialize and view cut points.
- Stream raw data in real time. **NEW**
- Download raw data wirelessly. **NEW**

Open ANT Wireless Device Overview

[Browse ActiGraph Activity Monitors](#)

ActiLife Program Screen

1. Valid Dataset

Minimum number of days to wear:

Minimum number of weekdays to wear:

Minimum number of weekend days to wear:

2. Valid Daily Activity

Minimum wear time per day in hours:

3. Valid Hourly Activity

Minimum non-zero epochs per hour required: %

Consecutive minutes of zeros:

Ignore counts below:

Ignore counts above:

- [Understanding Wear Time Validation](#)
- [Where did we get our Wear Time Validation defaults?](#)

Add Dataset(s)... Remove Selected

Files loaded: 0

<input checked="" type="checkbox"/>	Data Set	Details	Total Days	Valid Days	Invalid Days	Total Weekdays	Valid Weekdays	Invalid Weekdays	Total Weekend days	Valid Weekend days	Invalid Weekend days

Calculate Score Selected Export...

Begin with the Wear Time Validation tab. Click on Add Dataset(s).

Select dataset file(s)

6 Month Actigraph

Search 6 Month Actigraph

Organize New folder

Favorites

- Desktop
- Downloads
- Recent Places

Libraries

- Documents
- Music
- Pictures
- Videos

Computer

- Local Disk (C:)
- michelle.potter (
- gpch (\\unmcco
- pd (\\unmcccon
- courses (\\unmc

Name	Date modified	Type	Size
ID#6001 6 Month (2011-12-22)	7/5/2012 11:34 AM	ActiLife AGD File (...)	4,645 KB
ID#6002 6 Month (2012-01-04)	1/13/2012 11:13 AM	ActiLife AGD File (...)	93 KB
ID#6003 6 Month (2012-01-03)	1/13/2012 11:13 AM	ActiLife AGD File (...)	3,592 KB
ID#6004 6 Month (2011-12-21)	1/4/2012 9:24 AM	ActiLife AGD File (...)	5,022 KB
ID#6005 6 Month (2011-12-21)	1/4/2012 9:24 AM	ActiLife AGD File (...)	5,004 KB
ID#6007 6 Month (2011-12-23)	1/4/2012 9:24 AM	ActiLife AGD File (...)	4,271 KB
ID#6008 6 Month (2012-01-11)	1/20/2012 9:36 AM	ActiLife AGD File (...)	3,205 KB
ID#6010 6 Month (2011-12-23)	1/4/2012 9:24 AM	ActiLife AGD File (...)	4,297 KB
ID#6011 6 Month (2012-01-06)	1/20/2012 9:37 AM	ActiLife AGD File (...)	4,974 KB
ID#6012 6 Month (2012-01-06)	1/31/2012 10:57 AM	ActiLife AGD File (...)	8,819 KB
ID#6013 6 Month (2012-01-05)	1/20/2012 9:37 AM	ActiLife AGD File (...)	5,401 KB
ID#6014 6 Month (2012-01-10)	1/20/2012 9:36 AM	ActiLife AGD File (...)	3,578 KB
ID#6015 6 Month (2012-01-16)	1/27/2012 2:53 PM	ActiLife AGD File (...)	3,967 KB
ID#6016 6 Month (2012-01-18)	1/27/2012 2:53 PM	ActiLife AGD File (...)	3,265 KB
ID#6017 6 Month (2012-01-23)	1/31/2012 10:56 AM	ActiLife AGD File (...)	2,869 KB
ID#6018 6 Month (2012-01-24)	2/2/2012 2:50 PM	ActiLife AGD File (...)	3,284 KB

File name: AGD Files (*.agd)

Open Cancel

Understanding Wear Time Validation

Where did we get our Wear Time Validation defaults?

Calculate Score Selected Export...

Access the .agd file you want to score and add as a dataset.

Select dataset file(s)

6 Month Actigraph

Search 6 Month Actigraph

Organize New folder

Name	Date modified	Type	Size
ID#6001 6 Month (2011-12-22)	7/5/2012 11:34 AM	ActiLife AGD File (...)	4,645 KB
ID#6002 6 Month (2012-01-04)	1/13/2012 11:13 AM	ActiLife AGD File (...)	93 KB
ID#6003 6 Month (2012-01-03)	1/13/2012 11:13 AM	ActiLife AGD File (...)	3,592 KB
ID#6004 6 Month (2011-12-21)	1/4/2012 9:24 AM	ActiLife AGD File (...)	5,022 KB
ID#6005 6 Month (2011-12-21)	1/4/2012 9:24 AM	ActiLife AGD File (...)	5,004 KB
ID#6007 6 Month (2011-12-23)	1/4/2012 9:24 AM	ActiLife AGD File (...)	4,271 KB
ID#6008 6 Month (2012-01-11)	1/20/2012 9:36 AM	ActiLife AGD File (...)	3,205 KB
ID#6010 6 Month (2011-12-23)	1/4/2012 9:24 AM	ActiLife AGD File (...)	4,297 KB
ID#6011 6 Month (2012-01-06)	1/20/2012 9:37 AM	ActiLife AGD File (...)	4,974 KB
ID#6012 6 Month (2012-01-06)	1/31/2012 10:57 AM	ActiLife AGD File (...)	8,819 KB
ID#6013 6 Month (2012-01-05)	1/20/2012 9:37 AM	ActiLife AGD File (...)	5,401 KB
ID#6014 6 Month (2012-01-10)	1/20/2012 9:36 AM	ActiLife AGD File (...)	3,578 KB
ID#6015 6 Month (2012-01-16)	1/27/2012 2:53 PM	ActiLife AGD File (...)	3,967 KB
ID#6016 6 Month (2012-01-18)	1/27/2012 2:53 PM	ActiLife AGD File (...)	3,265 KB
ID#6017 6 Month (2012-01-23)	1/31/2012 10:56 AM	ActiLife AGD File (...)	2,869 KB
ID#6018 6 Month (2012-01-24)	2/2/2012 2:50 PM	ActiLife AGD File (...)	3,784 KB

File name: ID#6001 6 Month (2011-12-22)

AGD Files (*.agd)

Open Cancel

Understanding Wear Time Validation

Where did we get our Wear Time Validation defaults?

Calculate Score Selected Export...

Open file selected.

1. Valid Dataset

Minimum number of days to wear: 1

Minimum number of weekdays to wear: 1

Minimum number of weekend days to wear: 0

2. Valid Daily Activity

Minimum wear time per day in hours: 0

3. Valid Hourly Activity Minimum non-zero epochs per hour required: 10 % Consecutive minutes of zeros: 30

Ignore counts below: 0

Ignore counts above: 0

[Understanding Wear Time Validation](#)[Where did we get our Wear Time Validation defaults?](#)

Add Dataset(s)...

Remove Selected

Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Details	Total Days	Valid Days	Invalid Days	Total Weekdays	Valid Weekdays	Invalid Weekdays	Total Weekends
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agd								

Calculate

Score Selected

Export...

After adding the Dataset, click on **Calculate**.

1. Valid Dataset

Minimum number of days to wear: 1

Minimum number of weekdays to wear: 1

Minimum number of weekend days to wear: 0

2. Valid Daily Activity

Minimum wear time per day in hours: 0

3. Valid Hourly Activity Minimum non-zero epochs per hour required: 10 % Consecutive minutes of zeros: 30

Ignore counts below: 0

Ignore counts above: 0

[Understanding Wear Time Validation](#)[Where did we get our Wear Time Validation defaults?](#)

Add Dataset(s)...

Remove Selected

Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Details	Total Days	Valid Days	Invalid Days	Total Weekdays	Valid Weekdays	Invalid Weekdays	W
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agd	Details...	14	14	0	10	10	0	4



Calculate

Score Selected

Export...

Next click on the Details... button.

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devi **Wear Time Validation** Data Scoring Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

Add Dataset(s)... Remove Selected Files loaded: 1

1. Valid Dataset

Minimum num

Minimum num

Minimum num

2. Valid Daily Acti

Minimum wea

3. Valid Hourly Act

Minimum no

Consecutive

Ignore counts be

Ignore counts ab

Wear Time Validation Detail

ID#6001 6 Month (2011-12-22).agd

Days						Hours			
Use?	Date	Day of Week	Wear Time (hours)	Valid?	Hour Breakdown	Date	Hour	Valid?	Epoch BreakDown
<input checked="" type="checkbox"/>	12/22/2011	Thursday	11	Yes	more...				
<input checked="" type="checkbox"/>	12/23/2011	Friday	15	Yes	more...				
<input checked="" type="checkbox"/>	12/24/2011	Saturday	15	Yes	more...				
<input checked="" type="checkbox"/>	12/25/2011	Sunday	10	Yes	more...				
<input checked="" type="checkbox"/>	12/26/2011	Monday	15	Yes	more...				
<input checked="" type="checkbox"/>	12/27/2011	Tuesday	14	Yes	more...				
<input checked="" type="checkbox"/>	12/28/2011	Wednesday	0	Yes	more...				
<input checked="" type="checkbox"/>	12/29/2011	Thursday	1	Yes	more...				
<input checked="" type="checkbox"/>	12/30/2011	Friday	0	Yes	more...				

Epoch Breakdown

Export Day/Hour Detail to CSV Save and Close Cancel

Valid Weekdays Invalid Weekdays W

0 4

[Understanding Wear Time Validation](#)

[Where did we get our Wear Time Validation defaults?](#)

Calculate Score Selected Export...

Note: After running the selected file, if clicking on details does not give you a daily summary like the one above, go to Edit, Options, then select Daily (instead of Floating Window).

Add Dataset(s)...

Remove Selected

Files loaded: 1

1. Valid Dataset

Minimum num Wear Time Validation Detail

Minimum num

Minimum num

2. Valid Daily Acti

Minimum wear

3. Valid Hourly Acti
 Minimum no

 Consecutive

Ignore coun

Ignore counts a

ID#6001 6 Month (2011-12-22).agd

Days						Hours			
Use?	Date	Day of Week	Wear Time (hours)	Valid?	Hour Breakdown	Date	Hour	Valid?	Epoch BreakDown
<input checked="" type="checkbox"/>	12/22/2011	Thursday	11	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/23/2011	Friday	15	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/24/2011	Saturday	15	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/25/2011	Sunday	10	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/26/2011	Monday	15	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/27/2011	Tuesday	14	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/28/2011	Wednesday	0	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/29/2011	Thursday	1	Yes	<input type="button" value="more..."/>				
<input checked="" type="checkbox"/>	12/30/2011	Friday	0	Yes	<input type="button" value="more..."/>				

Epoch Breakdown

[Understanding Wear Time Validation](#)
[Where did we get our Wear Time Validation defaults?](#)

Now you will deselect in the Use column the days on which the subject didn't wear the device or wore it for less than the desired number of hours.

Valid Wear Time is determined by the PI (i.e. 7 days and a maximum of 8 hours /day wear time)

1. Valid Dataset

Minimum number of days to wear: 1

Minimum number of weekdays to wear: 1

Minimum number of weekend days to wear: 0

2. Valid Daily Activity

Minimum wear time per day in hours: 0

3. Valid Hourly Activity Minimum non-zero epochs per hour required: 10 % Consecutive minutes of zeros: 30

Ignore counts below: 0

Ignore counts above: 0

[Understanding Wear Time Validation](#)[Where did we get our Wear Time Validation defaults?](#)

Add Dataset(s)...

Remove Selected

Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Details	Total Days	Valid Days	Invalid Days	Total Weekdays	Valid Weekdays	Invalid Weekdays	W
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agd	Details...	14	6	0	0	4	6	0

Calculate

Score Selected

Export...

Click on **Score Selected**

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devices **Wear Time Validation** **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

1. Valid Dataset

Minimum number of days to wear: 1

Minimum number of weekdays to wear: 1

Minimum number of weekend days to wear: 0

2. Valid Daily Activity

Minimum wear time per day in hours: 0

3. Valid Hourly Activity

Minimum non-zero epochs per hour required: 10 %

Consecutive minutes of zeros: 30

Ignore counts below: 0

Ignore counts above: 0

[Understanding Wear Time Validation](#)

[Where did we get our Wear Time Validation defaults?](#)

Add Dataset(s)... Remove Selected Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Details	Total Days	Valid Days	Invalid Days	Total Weekdays	Valid Weekdays	Invalid Weekdays	W
<input checked="" type="checkbox"/>	ID#6001						6	0	

Transferred files to the Data Scoring tab

OK

Calculate Score Selected Export...

If the screen did not automatically transfer to the Data Scoring Screen, this screen will pop-up. Click OK, then click on the Data Scoring tab.

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devices Wear Time Validation **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

Algorithms

Energy Expenditure ?
Freedson Combination (1998)

METs ?
Freedson Adult (1998)

Cut Points ?
Freedson Adult (1998) [edit...](#)

Bouts [edit...](#) ?

Sedentary Analysis [edit...](#) ?

HREE ?

Filters

Date and Time Filters ?

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	<input type="checkbox"/>
<input type="checkbox"/>	Add New Date/Time Filter				

Exclude Non-Wear Times from Analysis

Add Dataset(s)... Remove Selected Edit Columns... Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (lbs)	Worn on Wrist?	Activity kcals	Average kcals per day
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agd	ID#6001 6 Month (2011-12-22)		yes		<input type="checkbox"/>		

Calculate Export...

If a weight was entered on downloading it will show, if not enter it here.

ActiLife v6.1.2 - No Devices Connected

File Edit Communication Tools Help

Devices Wear Time Validation **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison Data Vault

Files loaded: 3

Algorithms

- Energy Expenditure ?
Freedson Combination (1998)
- METs ?
Freedson Adult (1998)
- Cut Points ?
Freedson Adult (1998) [edit...](#)
- Bouts ?
Min Length: 10 minutes
Min Counts: 1953 per min
Max Counts: 50000 per min
Drop Time: 2 minutes
 Use Vector Magnitude (if available)
- HREE ?

Filters

Date and Time Filters ?

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>					

Exclude Non-Wear Times from Analysis

<input type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (lbs)	Worn on Wrist?	Activity kcals	Average kcals per day	Average k per hou
<input type="checkbox"/>	ID 15 (2010-11-04).agd	ID 15 (2010-11-04)		yes	190	<input type="checkbox"/>			
<input type="checkbox"/>	ID 56 (2011-05-25).agd	ID 56 (2011-05-25)		yes	222	<input type="checkbox"/>			
<input checked="" type="checkbox"/>	ID 21 (2010-12-14).agd	ID 21 (2010-12-14)		yes	163	<input type="checkbox"/>			

Select Columns To Display

Select Columns To Display

- Axis 3 CPM
- Axis 1 CPM Unfiltered
- Axis 2 CPM Unfiltered
- Axis 3 CPM Unfiltered
- Vector Magnitude Counts
- Vector Magnitude Counts Unfiltered
- Vector Magnitude Average Counts
- Vector Magnitude Average Counts Unfiltered
- Vector Magnitude Max Counts
- Vector Magnitude Max Counts Unfiltered
- Vector Magnitude CPM
- Vector Magnitude CPM Unfiltered
- Steps Counts
- Steps Counts Unfiltered

Select All Select None Restore Defaults

OK Cancel

Calculate

actigraph processing instructions_revised June 27_2011: 2,984 characters [an approximate value].

100%

2:29 PM 5/17/2012

Before calculating/scoring the file, be sure that the options shown above on the left-hand side of the screen for Energy Expenditure, METs, and Cut Points are **checked**.

Also **click** on Edit Columns and change the selection to save Axis 1 Counts and Vector Magnitude Counts (activity calories and minutes in the various intensity categories will be automatically saved).

Click **OK**, then Calculate. Once calculations are complete, values will appear in the cells for that file.

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devices Wear Time Validation **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

Algorithms

Energy Expenditure ?
Freedson Combination (1998)

METs ?
Freedson Adult (1998)

Cut Points ?
Freedson Adult (1998) [edit...](#)

Bouts [edit...](#) ?

Sedentary Analysis [edit...](#) ?

HREE ?

Filters

Date and Time Filters ?

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	
	Add New Date/Time Filter				

Exclude Non-Wear Times from Analysis

Add Dataset(s)... Remove Selected Edit Columns... Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (lbs)	Worn on Wrist?	Activity kcals	Average kcals per day
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agq	ID#6001 6 Month (2011-12-22)		yes	191	<input type="checkbox"/>		

1. 2.

Calculate **3.** Export...

1. Make sure validated data says YES.

2. Make sure weight is recorded.

3. Press Calculate

Algorithms

- Energy Expenditure ?

Freedson Combination (1998)
- METs ?

Freedson Adult (1998)
- Cut Points ?

Freedson Adult (1998)

[edit...](#)
- Bouts [edit...](#) ?
- Sedentary Analysis [edit...](#) ?
- HREE ?

FiltersDate and Time Filters ?

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	<input type="checkbox"/>
+	Add New Date/Time Filter				

 Exclude Non-Wear Times from Analysis

Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (lbs)	Worn on Wrist?	Activity kcals	Average kcal per day	
<input checked="" type="checkbox"/>	ID#6001 6 Month (2011-12-22).agd	ID#6001 6 Month (2011-12-22)	<input type="button" value="Details..."/>	yes	191	<input type="checkbox"/>	2324.6	387.4	
Totals								2324.6	387.4



Click Export to create an Excel file of the results.

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devices Wear Time Validation **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

Algorithms

Energy Expenditure ?
Freedson Combination (1998)

METs ?
Freedson Adult (1998)

Cut Points ?
Freedson Adult (1998) edit...

Bouts edit... ?

Sedentary Analysis edit... ?

HREE ?

Filters

Date and Time Filters ?

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	<input type="checkbox"/>
<input type="checkbox"/>	Add New Date/Time Filter				

Exclude Non-Wear Times from Analysis

Files loaded: 1

Add Dataset(s)... Remove Selected Edit Columns...

<input checked="" type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (kg)	Worn on Wrist?	Activity kcal	Average kcal per day	Average kcal per hour
<input checked="" type="checkbox"/>	ID#6003 6 Month (2012-01-03).agd	ID#6003							
Totals									

Data Scoring Export Options

Select Export Options

Export Type: CSV

- Create Batch View file(s) with hourly/daily/summary details
 - Add Summary Breakdown
 - Add Daily Breakdown
 - Add Hourly Breakdown
 - Add Wear Time Validation
 - Add Header Definition
 - Add Header Definitions as Comments
 - Show Non-Wear Hours and Days
 - Add Calculated Sleep Score
- Export Data Scoring Grid to .csv file

Export...

Calculate Export...

Choose "Add Hourly Breakdown" on the list of options that appears.

ActiLife v6.4.5 - No Devices Connected

File Edit Communication Tools Help

Devices Wear Time Validation **Data Scoring** Sleep Analysis PLM Analysis Graphing Data Comparison GPS Data Vault

Algorithms

Energy Expenditure 
Freedson Combination (1998)

METs 
Freedson Adult (1998)

Cut Points 
Freedson Adult (1998) edit...

Bouts edit... 

Sedentary Analysis edit... 

HREE 

Filters

Date and Time Filters 

<input checked="" type="checkbox"/>	Name	Date	Start Time	Stop Time	
	Add New Date/Time Filter				

Exclude Non-Wear Times from Analysis

Add Dataset(s)... Remove Selected Edit Columns... Files loaded: 1

<input checked="" type="checkbox"/>	Data Set	Subject Name	Details	Validated Data?	Weight (kg)	Worn on Wrist?	Activity kcal	Average kcal per day	Average kcal per hour
<input checked="" type="checkbox"/>	ID#6003 6 Month [2012-01-03].agd	ID#6003							
Totals									

Data Scoring Export Options

Select Export Options

Export Type: Excel (xlsx)

Create Batch View file(s) with hourly/daily/summary details

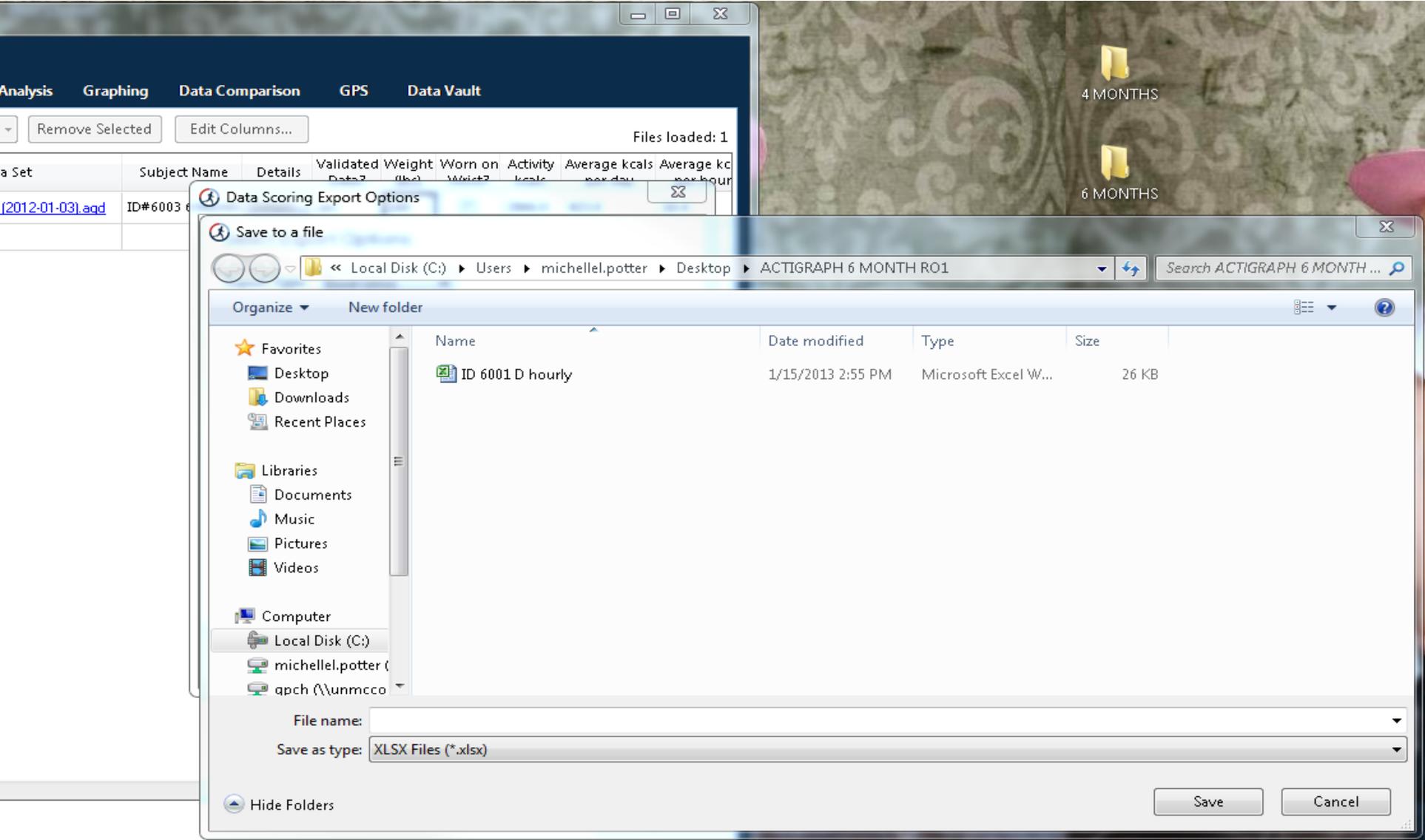
- Add Summary Breakdown
- Add Daily Breakdown
- Add Hourly Breakdown
- Add Wear Time Validation
- Add Header Definition
- Add Header Definitions as Comments
- Show Non-Wear Hours and Days
- Add Calculated Sleep Score

Export Data Scoring Grid to .csv file

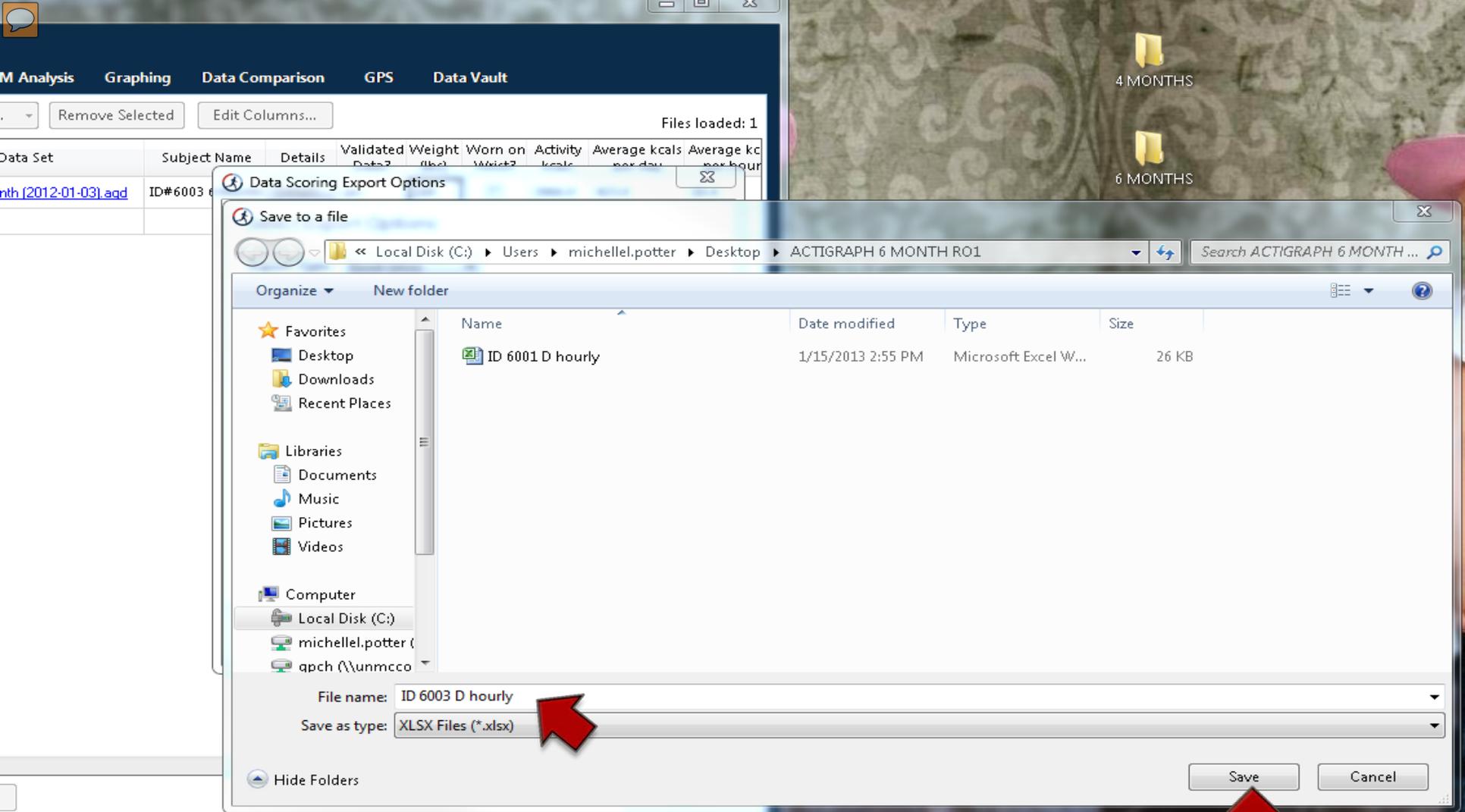
Export...

Calculate Export...

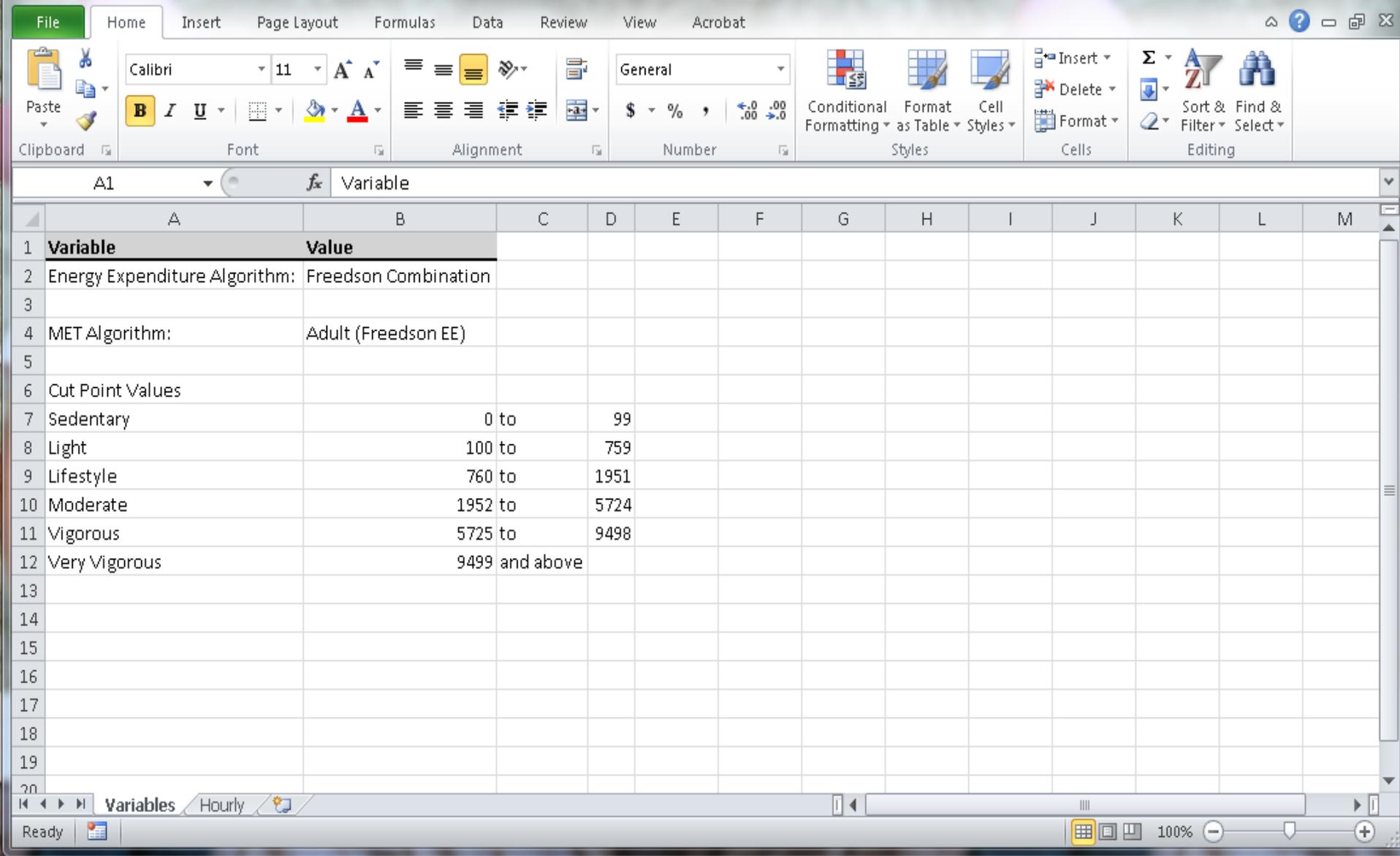
Click **Export**. While the program is working, the Export and Calculate buttons will “gray out”, this is the only indication that the program is processing your request.



A screen similar to the one above will automatically pop up. You will need to save the Excel file using the following convention:
“ID# timepoint hourly.xlsx”



1. Type in the name of the file. For the file in this example, the filename would be “ID 6003 D hourly”
2. Click SAVE



The screenshot shows the Microsoft Excel interface with the following data in the spreadsheet:

Variable	Value
Energy Expenditure Algorithm:	Freedson Combination
MET Algorithm:	Adult (Freedson EE)
Cut Point Values	
Sedentary	0 to 99
Light	100 to 759
Lifestyle	760 to 1951
Moderate	1952 to 5724
Vigorous	5725 to 9498
Very Vigorous	9499 and above

The spreadsheet is titled "Variables" and is part of a workbook named "Hourly". The status bar at the bottom indicates "Ready" and "100%".

Excel file that automatically pops up.

The screenshot shows the Microsoft Excel interface with the following data in the spreadsheet:

Variable	Value
Energy Expenditure Algorithm:	Freedson Combination
MET Algorithm:	Adult (Freedson EE)
Cut Point Values	
Sedentary	0 to 99
Light	100 to 759
Lifestyle	760 to 1951
Moderate	1952 to 5724
Vigorous	5725 to 9498
Very Vigorous	9499 and above

The bottom navigation bar shows two tabs: 'Variables' and 'Hourly'. A red arrow points to the 'Hourly' tab.

Then click on the Hourly tap.

Save As ID 4002 3M - Microsoft Excel

Page Layout Formulas Data Review View Acrobat

11 A A Alignment Number Styles Cells Editing

Axis 1 Counts

	K	L	M	N	O	P	Q	R	S	T
k Num	kcal	METs	Sedentary	Light	Lifestyle	Moderate	Vigorous	Very Vigorous	Axis 1 Counts	Vector Magnitude Counts
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	66.7	1.38	39	12	4	5	0	0	22098	42692.6
2	1.9	1	58	2	0	0	0	0	941	3997.2
2	17.6	1	46	9	5	0	0	0	8647	23877.9
2	45.8	1.05	26	23	11	0	0	0	22475	46144.5
2	21.4	1.02	42	13	5	0	0	0	10514	24572.3
2	13.9	1	42	16	2	0	0	0	6839	16505
2	66.6	1.32	27	23	6	4	0	0	24309	49413.7
2	101.1	1.26	3	28	27	2	0	0	45280	90378.2
2	65.7	1.13	13	34	12	1	0	0	29980	68423.7
2	65.2	1.19	24	22	12	2	0	0	27538	58239.3
2	31.9	1.03	36	15	9	0	0	0	15660	38995.1
2	6.5	1	48	12	0	0	0	0	3198	16728.9

Average: 11372.83899 Count: 338 Sum: 3821273.9 100%



Go to and highlight over the Axis 1 Counts and Vector Magnitude Counts

Save As ID 4002 3M - Microsoft Excel

Page Layout Formulas Data Review View Acrobat

11 A A Alignment Number Styles Cells Editing

Axis 1 Counts

	K	L	M	N	O	P	Q	R	S	T
kNum	kcal	METs	Sedentary	Light	Lifestyle	Moderate	Vigorous	Very Vigorous	Axis 1 Counts	Vector Magnitude Counts
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	0	1	60	0	0	0	0	0	0	0
2	66.7	1.38	39	12	4	5	0	0	22098	42692.6
2	1.9	1	58	2	0	0	0	0	941	3997.2
2	17.6	1	46	9	5	0	0	0	8647	23877.9
2	45.8	1.05	26	23	11	0	0	0	22475	46144.5
2	21.4	1.02	42	13	5	0	0	0	10514	24572.3
2	13.9	1	42	16	2	0	0	0	6839	16505
2	66.6	1.32	27	23	6	4	0	0	24309	49413.7
2	101.1	1.26	3	28	27	2	0	0	45280	90378.2
2	65.7	1.13	13	34	12	1	0	0	29980	68423.7
2	65.2	1.19	24	22	12	2	0	0	27538	58239.3
2	31.9	1.03	36	15	9	0	0	0	15660	38995.1
2	6.5	1	48	12	0	0	0	0	3198	16738.9

Average: 11372.83899 Count: 338 Sum: 3821273.9 100%

After high lighting, click on the General tab.

File Layout Formulas Data Review View Acrobat

11 A A Alignment

Axis 1 Counts

	K	L	M	N
Num	kcal	METs	Sedentary	Light Life
2	0	1	60	0
2	0	1	60	0
2	0	1	60	0
2	0	1	60	0
2	0	1	60	0
2	0	1	60	0
2	0	1	60	0
2	66.7	1.38	39	12
2	1.9	1	58	2
2	17.6	1	46	9
2	45.8	1.05	26	23
2	21.4	1.02	42	13
2	13.9	1	42	16
2	66.6	1.32	27	23
2	101.1	1.26	3	28
2	65.7	1.13	13	34
2	65.2	1.19	24	22
2	31.9	1.03	36	15
2	65	1	48	12

General No specific format

Number Axis 1 Counts

Currency Axis 1 Counts

Accounting Axis 1 Counts

Short Date Axis 1 Counts

Long Date Axis 1 Counts

Time Axis 1 Counts

Percentage Axis 1 Counts

Fraction Axis 1 Counts

Scientific Axis 1 Counts

Text Axis 1 Counts

More Number Formats...

Insert Delete Format Cells Sort & Find & Filter Select Editing

R	S	T
Very Vigorous	Axis 1 Counts	Vector Magnitude Counts
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	22098	42692.6
0	941	3997.2
0	8647	23877.9
0	22475	46144.5
0	10514	24572.3
0	6839	16505
0	24309	49413.7
0	45280	90378.2
0	29980	68423.7
0	27538	58239.3
0	15660	38995.1
0	3198	16738.9

Average: 11372.83899 Count: 338 Sum: 3821273.9 100%

A list will open with options.

Microsoft Excel interface showing the 'Number' format dropdown menu. The menu is open, displaying various format options. The 'Text' option at the bottom is highlighted in yellow, and a red arrow points to it.

Background spreadsheet data (Columns K-N):

k Num	kcal	METs	Sedentary	Light	Life
2	0	1	60	0	
2	0	1	60	0	
2	0	1	60	0	
2	0	1	60	0	
2	0	1	60	0	
2	0	1	60	0	
2	66.7	1.38	39	12	
2	1.9	1	58	2	
2	17.6	1	46	9	
2	45.8	1.05	26	23	
2	21.4	1.02	42	13	
2	13.9	1	42	16	
2	66.6	1.32	27	23	
2	101.1	1.26	3	28	
2	65.7	1.13	13	34	
2	65.2	1.19	24	22	
2	31.9	1.03	36	15	
2	6.5	1	48	12	

Background spreadsheet data (Columns R-T):

Very Vigorous	Axis 1 Counts	Vector Magnitude Counts
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	0	0
0	22098	42692.6
0	941	3997.2
0	8647	23877.9
0	22475	46144.5
0	10514	24572.3
0	6839	16505
0	24309	49413.7
0	45280	90378.2
0	29980	68423.7
0	27538	58239.3
0	15660	38995.1
0	3198	16738.9

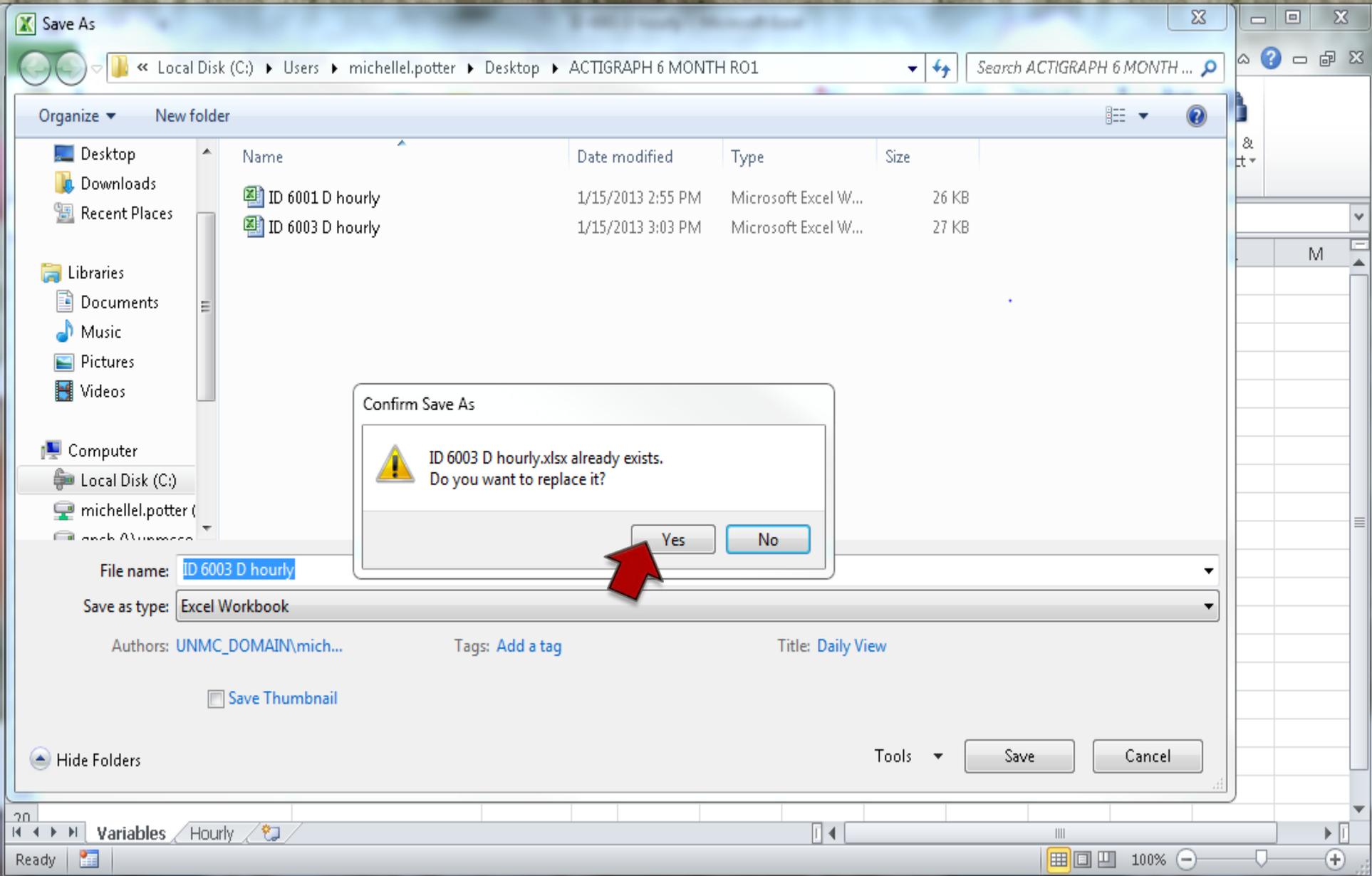
Number Format Menu Options:

- General: No specific format
- Number: Axis 1 Counts
- Currency: Axis 1 Counts
- Accounting: Axis 1 Counts
- Short Date: Axis 1 Counts
- Long Date: Axis 1 Counts
- Time: Axis 1 Counts
- Percentage: Axis 1 Counts
- Fraction: Axis 1 Counts
- Scientific: Axis 1 Counts
- Text: Axis 1 Counts** (highlighted)

More Number Formats...

Status Bar: Average: 11372.83899 Count: 338 Sum: 3821273.9 100%

Click on Text at the bottom. Then select File Save As.



When it prompts and asks if you want to replace the existing file click Yes. You have now created and saved the data as an Excel file.