

ACTIV8 PROFESSIONAL GEN 1 - MEASUREMENT OUTPUT FILE FORMAT

LEG POSITION – ACTIVITY TRACKING

A measurement file is buildup of blocks, which by default represent a summary over the last 5 minutes. With Activ8 professional it is possible to reduce this block period to 1 minute or even shorter.

The measurement file is written in a CSV format which can easily be opened with for example Microsoft Excel or MATLAB.

Each line consists of a number of columns, representing:

- Date (year – month - day) & time (hours : minutes : seconds) (column1)

- Time per activity [in time counts, which can be calculated by into seconds per activity]
 - Non-wear / Lying (column 2)
 - Sitting (column 3)
 - Standing (column 4)
 - Walking (column 5)
 - Cycling (column 6)
 - Running / high intensive sports (column 7)

- Movement intensity of each activity by default in M.E.T * 100
 - Non-wear / Lying (column 8)
 - Sitting (column 9)
 - Standing (column 10)
 - Walking (column 11)
 - Cycling (column 12)
 - Running / high intensive sports (column 13)

By adding up all the METs over a period of time one can calculate the total MET and by using a person's biometrics data (length, weight, gender) it can be transformed in a total kcal value.

CHEST POSITION – SLEEP TRACKING

A measurement file is buildup of blocks, which by default represent a summary over the last 5 minutes. With Activ8 professional it is possible to reduce this block period to 1 minute or even shorter. The measurement file is written in a CSV format which can easily be opened with for example Microsoft Excel or MATLAB.

Each line consists of a number of columns, representing:

- Date (year – month - day) & time (hours : minutes : seconds) (column1)

- Time per activity [in time counts, which can be calculated by into seconds per activity]
 - Non-wear (column 2)
 - Lying side (Left + Right) (column 3)
 - Lying back (column 4)
 - Lying belly (column 5)
 - Low intensive activity (sitting & standing) (column 6)
 - Medium & High intensity activity (walking, cycling, running) (column 7)

- Movement intensity of each activity by default in M.E.T * 100
 - Non-wear (column 8)
 - Lying side (Left + Right) (column 9)
 - Lying back (column 10)
 - Lying belly (column 11)
 - Low intensive activity (sitting & standing) (column 12)
 - Medium & High intensity activity (walking, cycling, running) (column 13)

By adding up all the METs over a period of time one can calculate the total MET and by using a person's biometrics data (length, weight, gender) it can be transformed in a total kcal value.