



# Physical activity overview

microberts

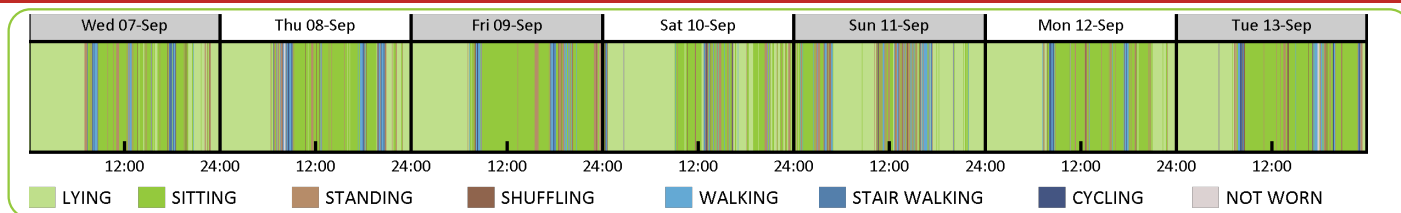
Project name: **Demo**  
Subject code: **Demo**  
Visit: **7days**  
Measurement: **1234-12345-12....123.123456.OMX**

Age: **30**  
Height: **1.80 m**  
Weight: **80 kg**  
Gender: **Male**

Analysis interval: **2016-Sep-06 23:59:59**  
**2016-Sep-13 23:59:59**  
Interval size: **07 days 00:00:00**  
Device: **MM00123**

MM version **3.0**  
Date of analysis: **2017-Jun-15 11:45:11**  
Request ID: **1234**

## WEEK OVERVIEW

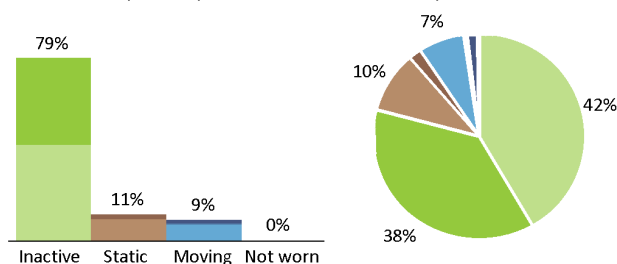


## WEEK SUMMARY

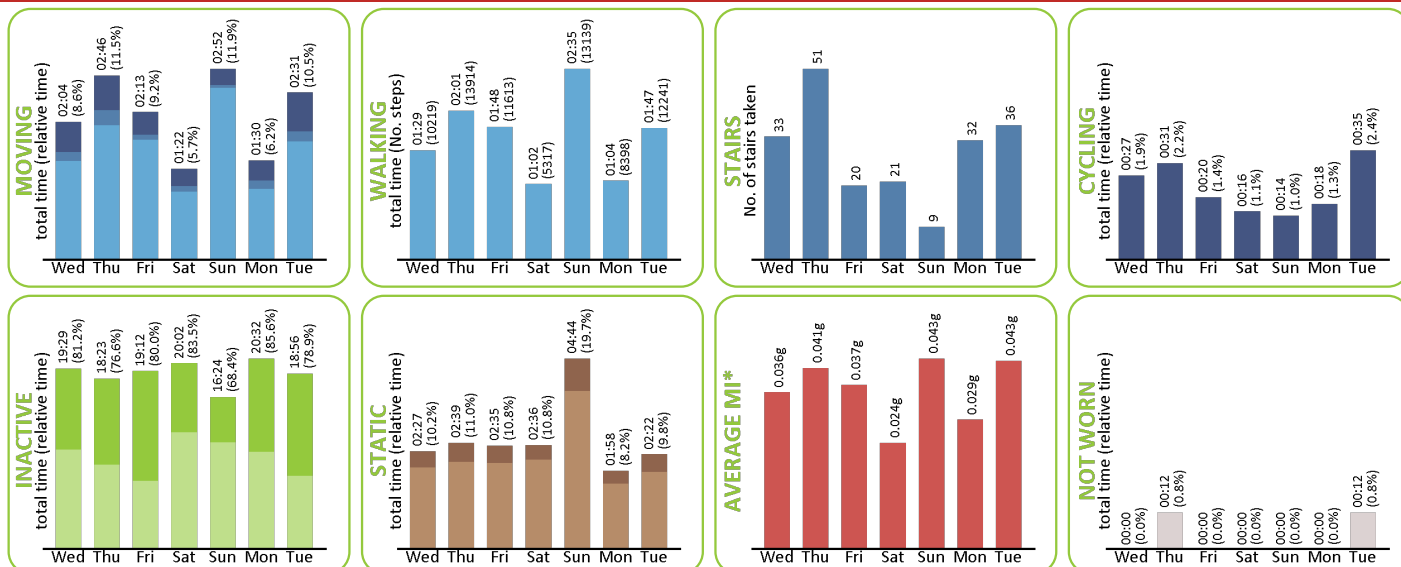
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 105    | 69h 56m    | 9h 59m     | 41.6%         | 0.005g   |
| Sitting       | 713    | 63h 03m    | 9h 00m     | 37.5%         | 0.015g   |
| Inactive      | 818    | 132h 59m   | 19h 00m    | 79.2%         | 0.010g   |
| Standing      | 7028   | 16h 05m    | 2h 18m     | 9.6%          | 0.055g   |
| Shuffling     | 4320   | 3h 14m     | 0h 28m     | 1.9%          | 0.152g   |
| Static        | 11348  | 19h 19m    | 2h 46m     | 11.5%         | 0.071g   |
| Walking       | 3121   | 11h 46m    | 1h 41m     | 7.0%          | 0.220g   |
| Stair walking | 202    | 0h 51m     | 0h 07m     | 0.5%          | 0.301g   |
| Cycling       | 54     | 2h 42m     | 0h 23m     | 1.6%          | 0.211g   |
| Moving        | 3377   | 15h 18m    | 2h 11m     | 9.1%          | 0.223g   |
| Not worn      | 2      | 0h 24m     | 0h 03m     | 0.2%          | -        |
| Total         | 15545  | 168h 00m   | 24h 00m    | 100.0%        | 0.036g   |
| Steps         | 74841  |            | 10692      |               |          |

### GENERAL INFORMATION

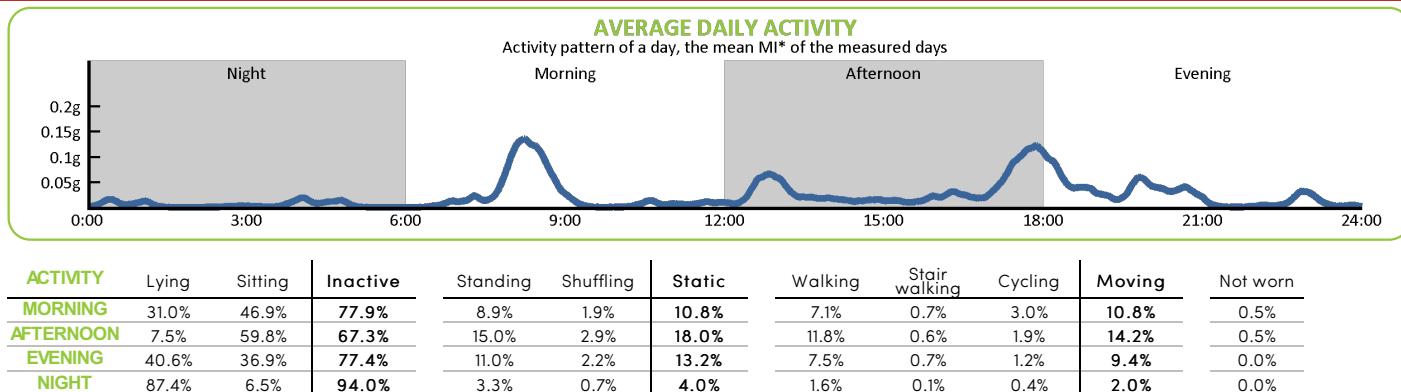
Bar plot and pie chart of the relative activity duration



## DAY TO DAY COMPARISONS



## DAILY TRENDS



\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.  
\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Wed 07-Sep-16

microberts

Project name: Demo

Age: 30

Analysis interval: 2016-Sep-06 23:59:59

Subject code: Demo

Height: 1.80 m

2016-Sep-13 23:59:59

MM version 3.0

Visit: 7days

Weight: 80 kg

Interval size: 07 days 00:00:00

Date of analysis: 2017-Jun-15 11:45:11

Measurement: 1234-12345-12....123.123456.OMX

Gender: Male

Device: MM00123

Request ID: 1234

## DAY OVERVIEW

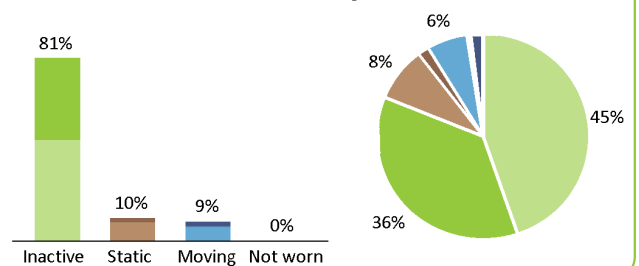


## DAY SUMMARY

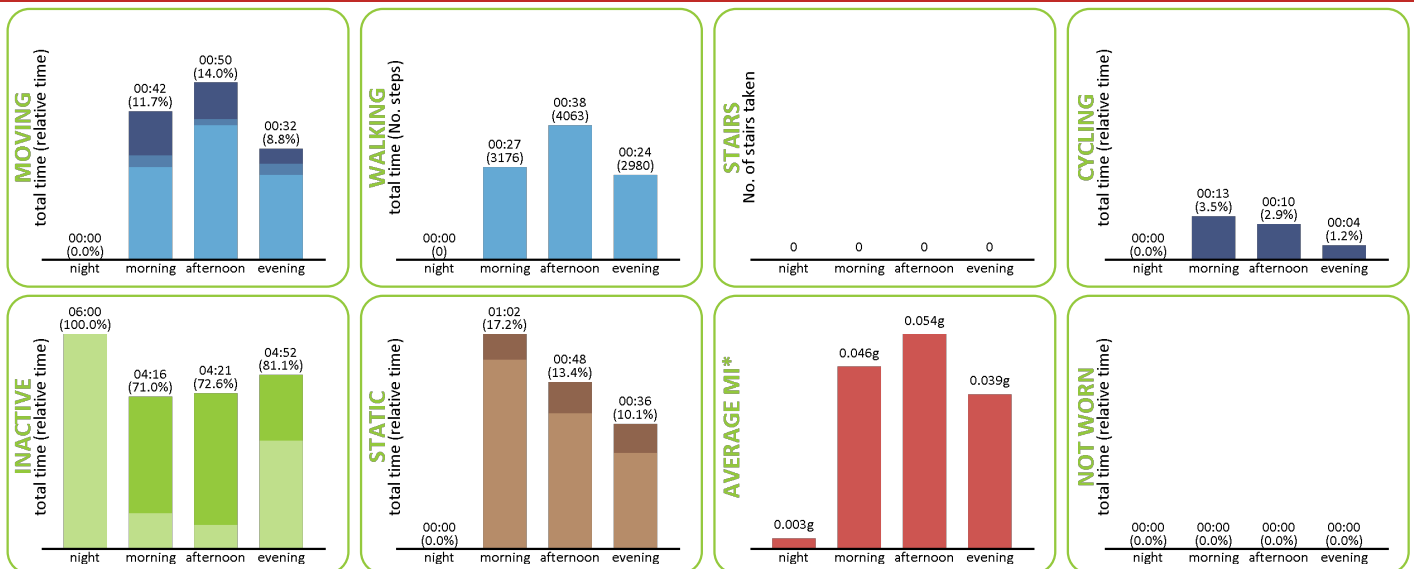
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 13     | 10h 44m    | 10h 44m    | 44.7%         | 0.004g   |
| Sitting       | 99     | 8h 45m     | 8h 45m     | 36.4%         | 0.013g   |
| Inactive      | 112    | 19h 29m    | 19h 29m    | 81.2%         | 0.008g   |
| Standing      | 921    | 2h 02m     | 2h 02m     | 8.5%          | 0.056g   |
| Shuffling     | 593    | 0h 25m     | 0h 25m     | 1.7%          | 0.154g   |
| Static        | 1514   | 2h 27m     | 2h 27m     | 10.2%         | 0.072g   |
| Walking       | 387    | 1h 29m     | 1h 29m     | 6.2%          | 0.255g   |
| Stair walking | 33     | 0h 08m     | 0h 08m     | 0.6%          | 0.295g   |
| Cycling       | 8      | 0h 27m     | 0h 27m     | 1.9%          | 0.226g   |
| Moving        | 428    | 2h 04m     | 2h 04m     | 8.6%          | 0.251g   |
| Not worn      | 0      | 0h 00m     | 0h 00m     | 0.0%          | -        |
| Total         | 2054   | 24h 00m    | 24h 00m    | 100.0%        | 0.036g   |
| Steps         | 10219  |            | 10219      |               |          |

### GENERAL INFORMATION

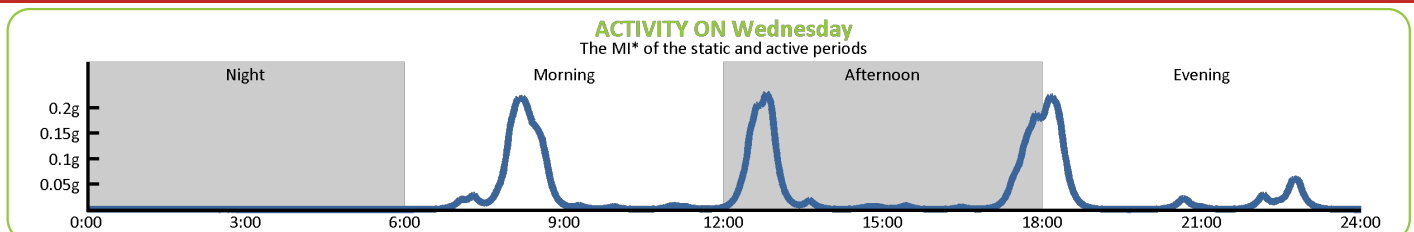
Relative inactive, static, moving and not worn time



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 2726                        | 0h 48m   | 7:54  | 8:42  | 1h 02m                           | 9:56  | 10:59 | 7h 00m                         | 0:01  | 7:01  |
| 2049                        | 0h 21m   | 18:03 | 18:25 | 1h 02m                           | 18:28 | 19:31 | 1h 04m                         | 22:55 | 24:00 |
| 1930                        | 0h 25m   | 12:33 | 12:59 | 0h 54m                           | 16:29 | 17:23 | 0h 37m                         | 21:00 | 21:37 |
| 1417                        | 0h 28m   | 17:33 | 18:01 | 0h 37m                           | 11:18 | 11:56 | 0h 28m                         | 20:01 | 20:29 |
| 402                         | 0h 05m   | 12:27 | 12:32 | 0h 36m                           | 9:17  | 9:54  | 0h 25m                         | 21:40 | 22:05 |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Thu 08-Sep-16

microberts

Project name: Demo

Age: 30

Analysis interval: 2016-Sep-06 23:59:59

Subject code: Demo

Height: 1.80 m

2016-Sep-13 23:59:59

MM version 3.0

Visit: 7days

Weight: 80 kg

Interval size: 07 days 00:00:00

Date of analysis: 2017-Jun-15 11:45:11

Measurement: 1234-12345-12....123.123456.OMX

Gender: Male

Device: MM00123

Request ID: 1234

## DAY OVERVIEW

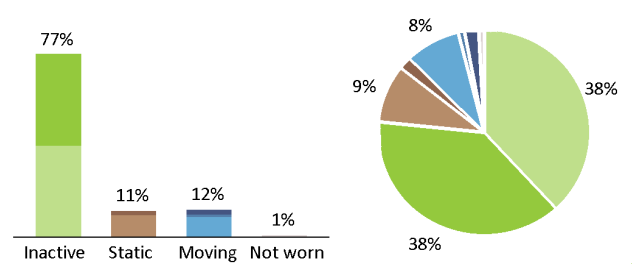


## DAY SUMMARY

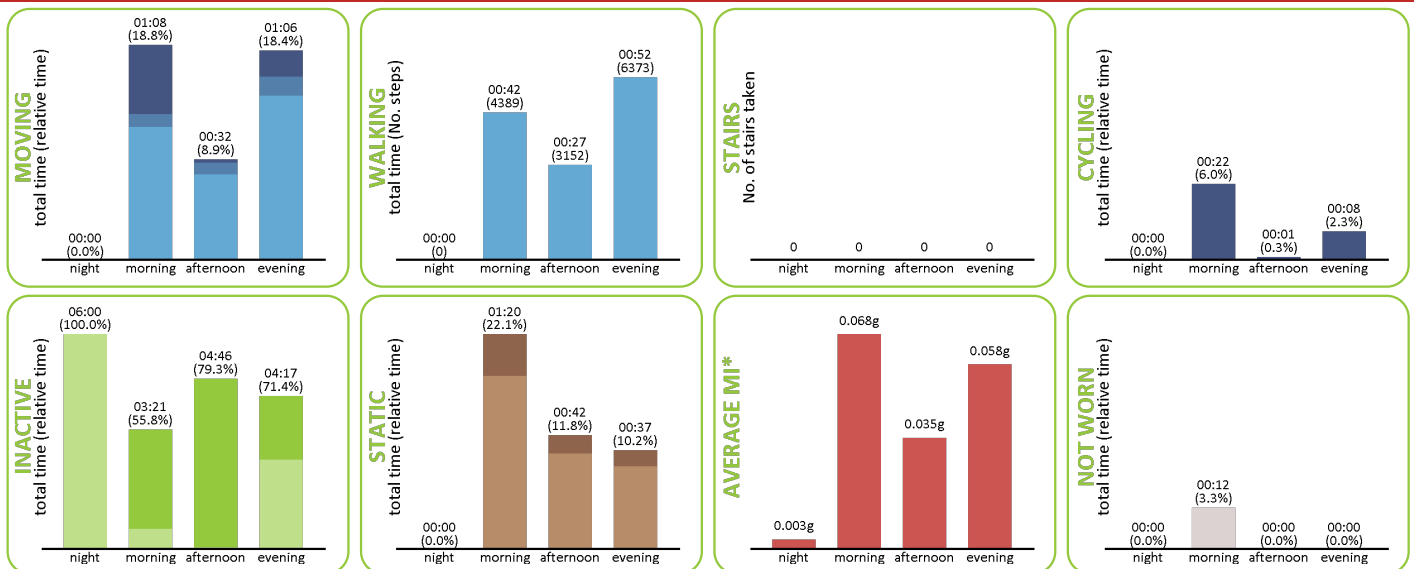
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 20     | 9h 10m     | 9h 10m     | 38.2%         | 0.005g   |
| Sitting       | 114    | 9h 13m     | 9h 13m     | 38.4%         | 0.016g   |
| Inactive      | 134    | 18h 23m    | 18h 23m    | 76.6%         | 0.011g   |
| Standing      | 1061   | 2h 11m     | 2h 11m     | 9.1%          | 0.063g   |
| Shuffling     | 643    | 0h 28m     | 0h 28m     | 1.9%          | 0.160g   |
| Static        | 1704   | 2h 39m     | 2h 39m     | 11.0%         | 0.081g   |
| Walking       | 489    | 2h 01m     | 2h 01m     | 8.4%          | 0.198g   |
| Stair walking | 51     | 0h 14m     | 0h 14m     | 1.0%          | 0.301g   |
| Cycling       | 13     | 0h 31m     | 0h 31m     | 2.2%          | 0.214g   |
| Moving        | 553    | 2h 46m     | 2h 46m     | 11.5%         | 0.210g   |
| Not worn      | 1      | 0h 12m     | 0h 12m     | 0.8%          | -        |
| Total         | 2392   | 24h 00m    | 24h 00m    | 100.0%        | 0.041g   |
| Steps         | 13914  |            | 13914      |               |          |

### GENERAL INFORMATION

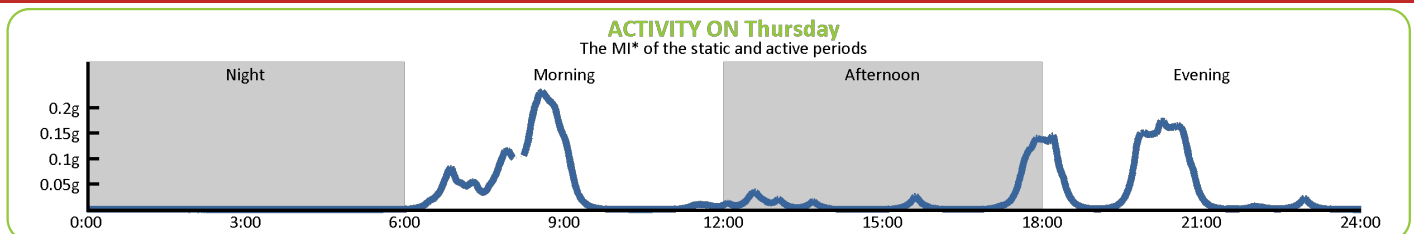
Relative inactive, static, moving and not worn time



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 4877                        | 1h 09m   | 19:43 | 20:53 | 1h 52m                           | 13:42 | 15:35 | 6h 22m                         | 0:00  | 6:22  |
| 3726                        | 0h 43m   | 17:33 | 18:16 | 1h 10m                           | 18:24 | 19:35 | 1h 02m                         | 22:57 | 24:00 |
| 2667                        | 0h 57m   | 8:12  | 9:10  | 0h 58m                           | 9:44  | 10:42 | 0h 41m                         | 20:53 | 21:34 |
| 952                         | 1h 00m   | 7:00  | 8:00  | 0h 32m                           | 16:24 | 16:56 | 0h 35m                         | 22:09 | 22:45 |
| 473                         | 0h 12m   | 6:42  | 6:54  | 0h 32m                           | 9:10  | 9:42  | 0h 05m                         | 6:29  | 6:35  |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Fri 09-Sep-16

microberts

Project name: Demo

Subject code: Demo

Visit: 7days

Measurement: 1234-12345-12....123.123456.OMX

Age: 30

Height: 1.80 m

Weight: 80 kg

Gender: Male

Analysis interval: 2016-Sep-06 23:59:59

2016-Sep-13 23:59:59

Interval size: 07 days 00:00:00

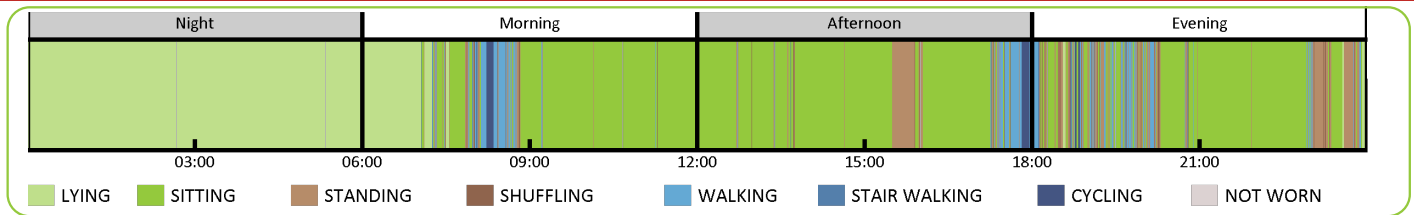
Device: MM00123

MM version 3.0

Date of analysis: 2017-Jun-15 11:45:11

Request ID: 1234

## DAY OVERVIEW

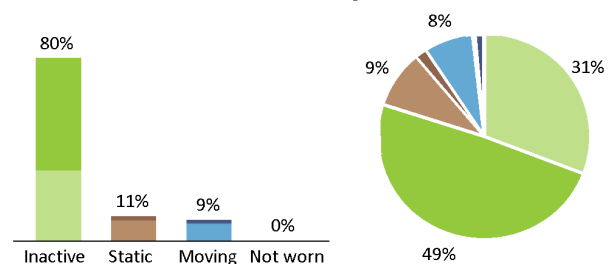


## DAY SUMMARY

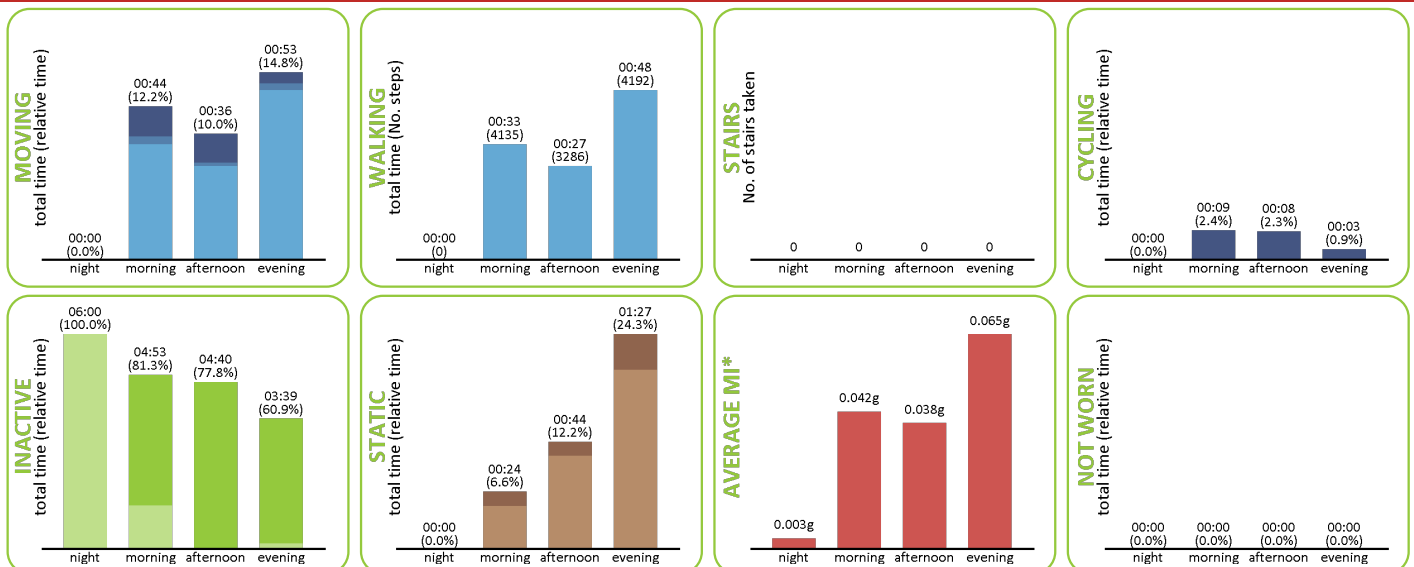
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 7      | 7h 25m     | 7h 25m     | 30.9%         | 0.005g   |
| Sitting       | 88     | 11h 47m    | 11h 47m    | 49.1%         | 0.014g   |
| Inactive      | 95     | 19h 12m    | 19h 12m    | 80.0%         | 0.011g   |
| Standing      | 1013   | 2h 09m     | 2h 09m     | 9.0%          | 0.049g   |
| Shuffling     | 578    | 0h 26m     | 0h 26m     | 1.8%          | 0.149g   |
| Static        | 1591   | 2h 35m     | 2h 35m     | 10.8%         | 0.065g   |
| Walking       | 486    | 1h 48m     | 1h 48m     | 7.5%          | 0.228g   |
| Stair walking | 20     | 0h 05m     | 0h 05m     | 0.3%          | 0.333g   |
| Cycling       | 5      | 0h 20m     | 0h 20m     | 1.4%          | 0.256g   |
| Moving        | 511    | 2h 13m     | 2h 13m     | 9.2%          | 0.236g   |
| Not worn      | 0      | 0h 00m     | 0h 00m     | 0.0%          | -        |
| Total         | 2197   | 24h 00m    | 24h 00m    | 100.0%        | 0.037g   |
| Steps         | 11613  |            | 11613      |               |          |

### GENERAL INFORMATION

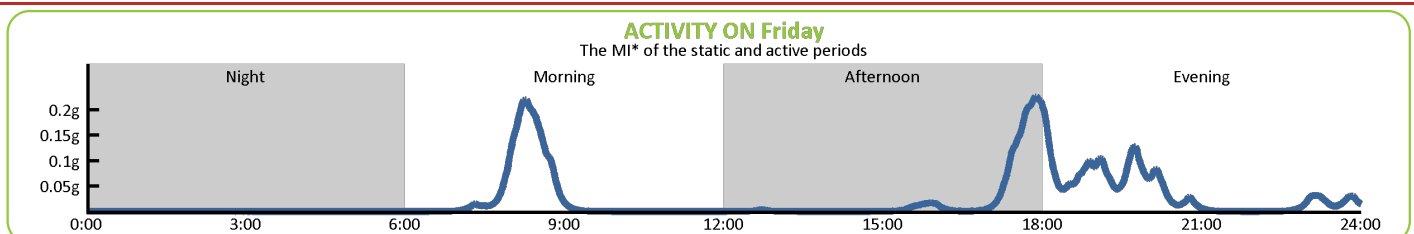
Relative inactive, static, moving and not worn time



## SESSION TO SESSION COMPARISONS

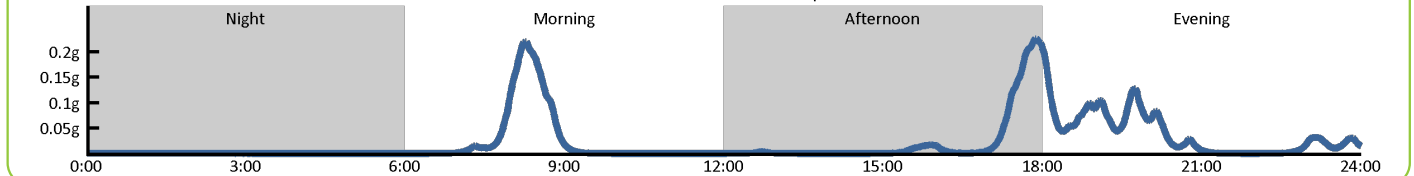


## TODAY'S MOVEMENT INTENSITY



### ACTIVITY ON Friday

The MI\* of the static and active periods



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 3683                        | 0h 53m   | 7:56  | 8:49  | 3h 27m                           | 9:14  | 12:41 | 7h 02m                         | 0:00  | 7:03  |
| 3366                        | 0h 38m   | 17:30 | 18:08 | 2h 07m                           | 20:48 | 22:56 | 0h 07m                         | 7:06  | 7:14  |
| 594                         | 0h 13m   | 17:15 | 17:29 | 1h 44m                           | 13:45 | 15:29 | 0h 05m                         | 23:54 | 24:00 |
| 508                         | 0h 14m   | 20:03 | 20:18 | 1h 13m                           | 16:02 | 17:15 | 0h 03m                         | 7:29  | 7:33  |
| 485                         | 0h 09m   | 19:39 | 19:48 | 0h 37m                           | 12:44 | 13:22 | 0h 02m                         | 18:33 | 18:36 |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Sat 10-Sep-16

microberts

Project name: Demo

Subject code: Demo

Visit: 7days

Measurement: 1234-12345-12....123.123456.OMX

Age: 30

Height: 1.80 m

Weight: 80 kg

Gender: Male

Analysis interval: 2016-Sep-06 23:59:59

2016-Sep-13 23:59:59

Interval size: 07 days 00:00:00

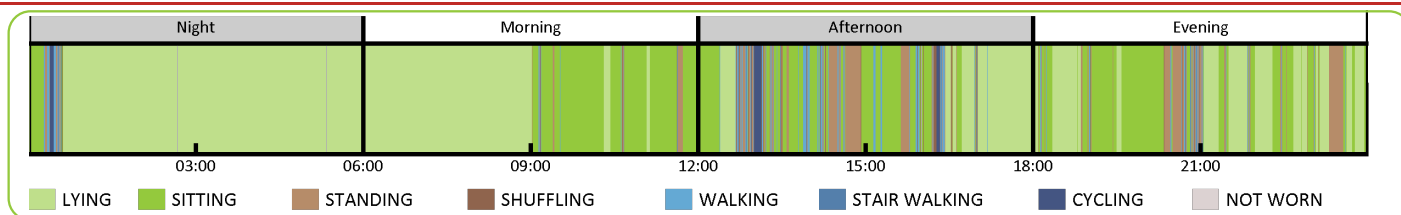
Device: MM00123

MM version 3.0

Date of analysis: 2017-Jun-15 11:45:11

Request ID: 1234

## DAY OVERVIEW

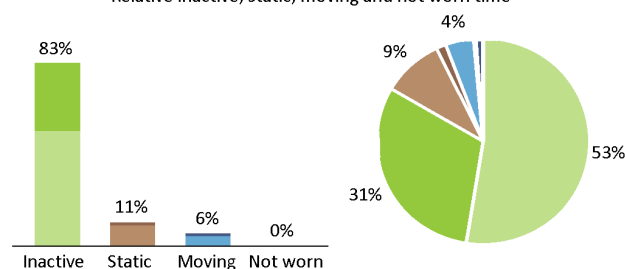


## DAY SUMMARY

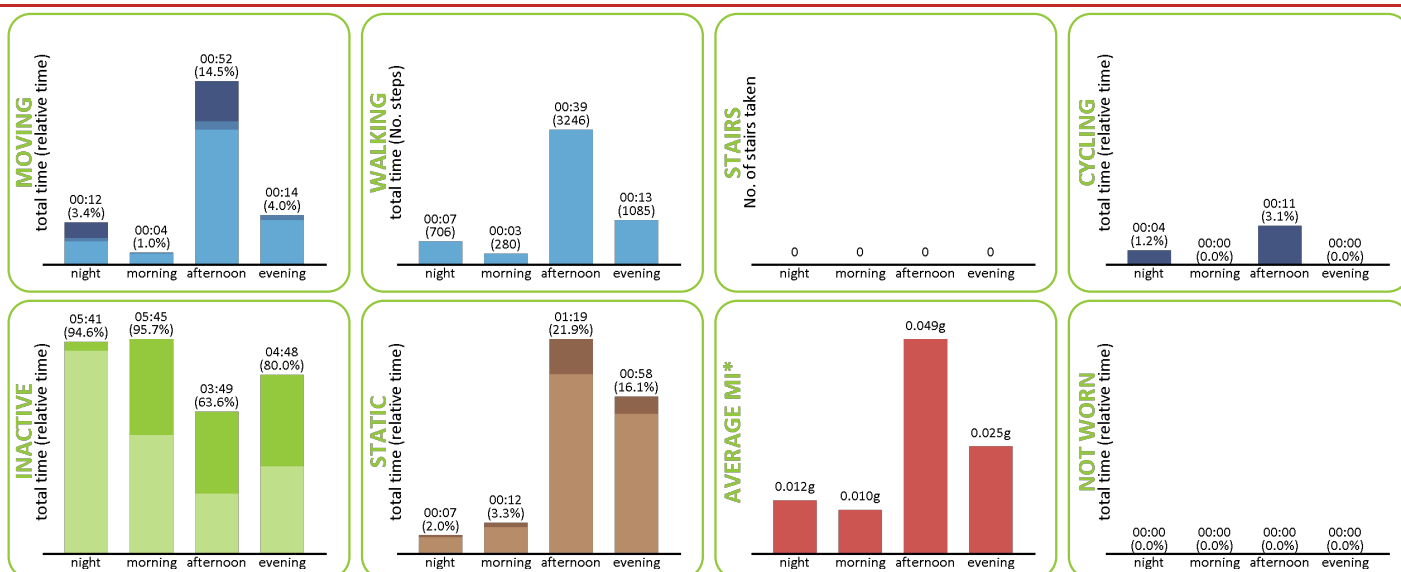
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 27     | 12h 37m    | 12h 37m    | 52.6%         | 0.005g   |
| Sitting       | 85     | 7h 25m     | 7h 25m     | 30.9%         | 0.013g   |
| Inactive      | 112    | 20h 02m    | 20h 02m    | 83.5%         | 0.008g   |
| Standing      | 673    | 2h 14m     | 2h 14m     | 9.3%          | 0.037g   |
| Shuffling     | 361    | 0h 21m     | 0h 21m     | 1.5%          | 0.164g   |
| Static        | 1034   | 2h 36m     | 2h 36m     | 10.8%         | 0.055g   |
| Walking       | 345    | 1h 02m     | 1h 02m     | 4.3%          | 0.204g   |
| Stair walking | 21     | 0h 05m     | 0h 05m     | 0.3%          | 0.312g   |
| Cycling       | 3      | 0h 16m     | 0h 16m     | 1.1%          | 0.174g   |
| Moving        | 369    | 1h 22m     | 1h 22m     | 5.7%          | 0.205g   |
| Not worn      | 0      | 0h 00m     | 0h 00m     | 0.0%          | -        |
| Total         | 1515   | 24h 00m    | 24h 00m    | 100.0%        | 0.024g   |
| Steps         | 5317   |            | 5317       |               |          |

### GENERAL INFORMATION

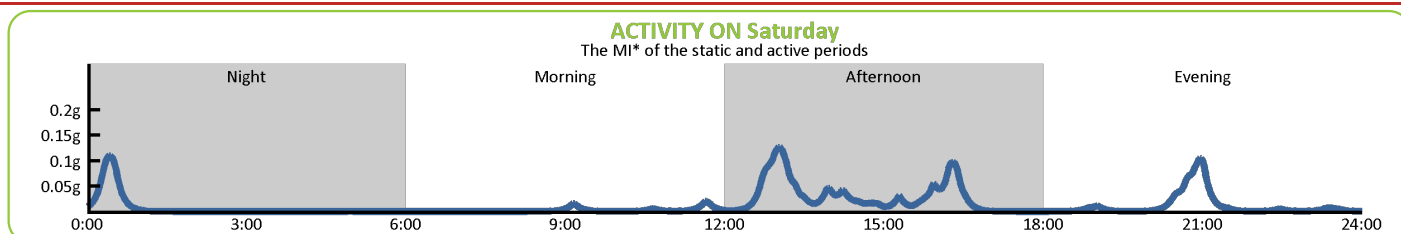
Relative inactive, static, moving and not worn time



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 726                         | 0h 32m   | 12:40 | 13:13 | 0h 53m                           | 9:25  | 10:18 | 8h 24m                         | 0:36  | 9:01  |
| 706                         | 0h 20m   | 0:16  | 0:36  | 0h 45m                           | 19:35 | 20:20 | 1h 05m                         | 17:00 | 18:05 |
| 523                         | 0h 14m   | 20:48 | 21:03 | 0h 39m                           | 11:43 | 12:23 | 0h 30m                         | 18:20 | 18:51 |
| 372                         | 0h 15m   | 16:10 | 16:26 | 0h 28m                           | 11:08 | 11:36 | 0h 20m                         | 21:30 | 21:50 |
| 318                         | 0h 06m   | 13:52 | 13:59 | 0h 28m                           | 19:01 | 19:30 | 0h 18m                         | 21:58 | 22:17 |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Sun 11-Sep-16

microberts

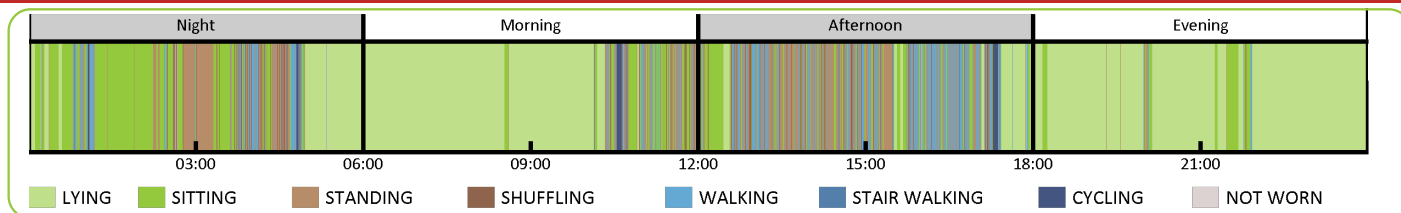
Project name: **Demo**  
Subject code: **Demo**  
Visit: **7days**  
Measurement: **1234-12345-12....123.123456.OMX**

Age: **30**  
Height: **1.80 m**  
Weight: **80 kg**  
Gender: **Male**

Analysis interval: **2016-Sep-06 23:59:59**  
**2016-Sep-13 23:59:59**  
Interval size: **07 days 00:00:00**  
Device: **MM00123**

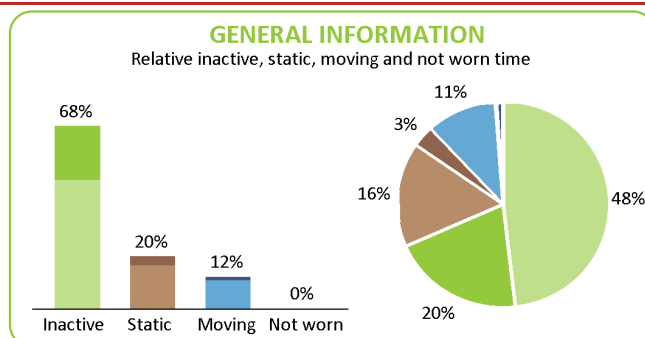
MM version **3.0**  
Date of analysis: **2017-Jun-15 11:45:11**  
Request ID: **1234**

## DAY OVERVIEW

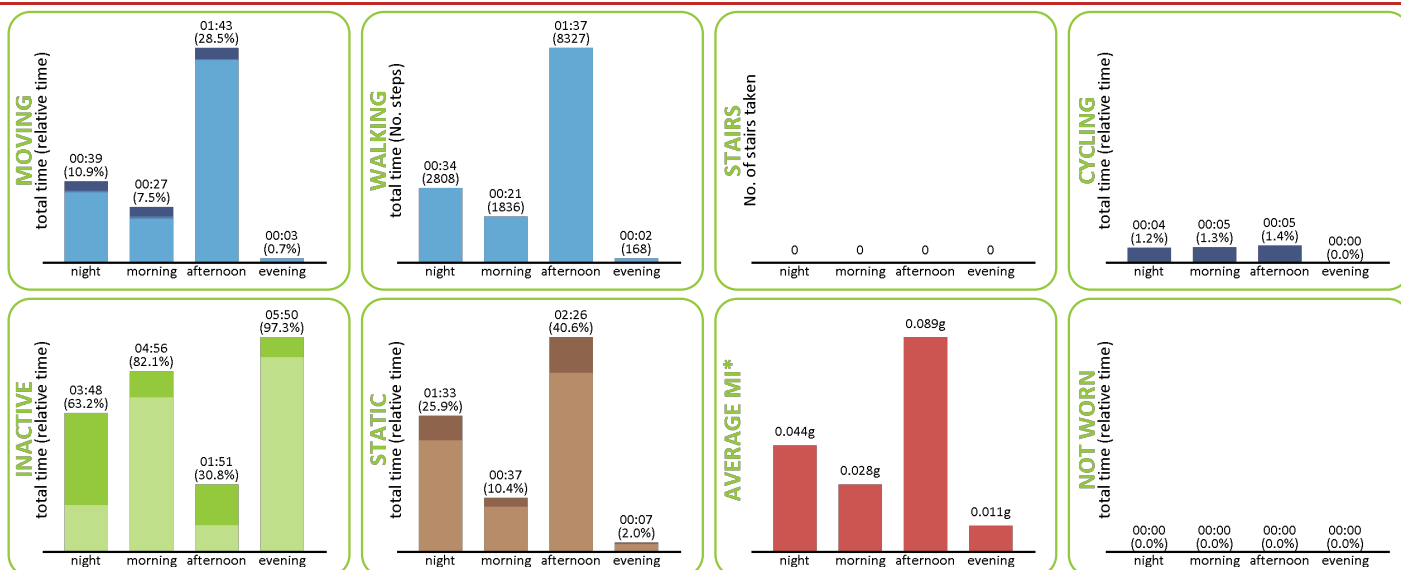


## DAY SUMMARY

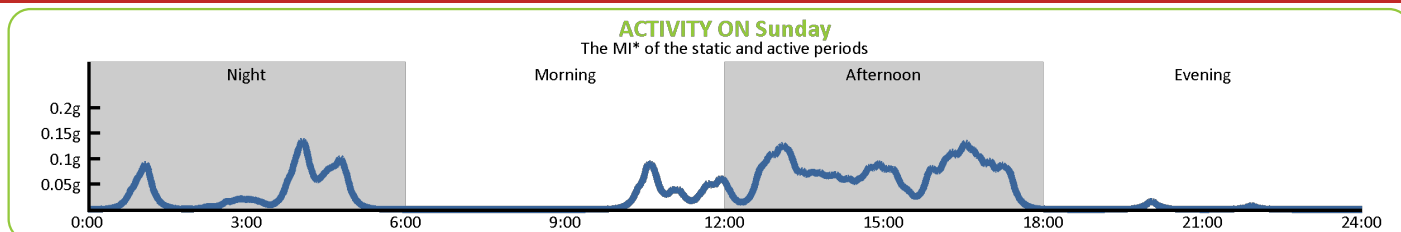
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 25     | 11h 34m    | 11h 34m    | 48.2%         | 0.007g   |
| Sitting       | 133    | 4h 51m     | 4h 51m     | 20.2%         | 0.020g   |
| Inactive      | 158    | 16h 24m    | 16h 24m    | 68.4%         | 0.011g   |
| Standing      | 1782   | 3h 56m     | 3h 56m     | 16.4%         | 0.043g   |
| Shuffling     | 1053   | 0h 48m     | 0h 48m     | 3.3%          | 0.128g   |
| Static        | 2835   | 4h 44m     | 4h 44m     | 19.7%         | 0.058g   |
| Walking       | 811    | 2h 35m     | 2h 35m     | 10.7%         | 0.208g   |
| Stair walking | 9      | 0h 03m     | 0h 03m     | 0.2%          | 0.273g   |
| Cycling       | 4      | 0h 14m     | 0h 14m     | 1.0%          | 0.155g   |
| Moving        | 824    | 2h 52m     | 2h 52m     | 11.9%         | 0.205g   |
| Not worn      | 0      | 0h 00m     | 0h 00m     | 0.0%          | -        |
| Total         | 3817   | 24h 00m    | 24h 00m    | 100.0%        | 0.043g   |
| Steps         | 13139  |            | 13139      |               |          |



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 1990                        | 1h 08m   | 12:47 | 13:55 | 1h 02m                           | 1:11  | 2:13  | 3h 33m                         | 4:57  | 8:31  |
| 1765                        | 0h 39m   | 16:04 | 16:44 | 0h 18m                           | 3:18  | 3:36  | 2h 04m                         | 21:55 | 24:00 |
| 920                         | 0h 20m   | 3:50  | 4:11  | 0h 16m                           | 12:11 | 12:27 | 1h 43m                         | 18:15 | 19:59 |
| 659                         | 0h 32m   | 4:21  | 4:53  | 0h 12m                           | 21:28 | 21:41 | 1h 31m                         | 8:36  | 10:07 |
| 656                         | 0h 17m   | 15:45 | 16:03 | 0h 11m                           | 0:35  | 0:47  | 1h 07m                         | 20:08 | 21:15 |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.  
\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Mon 12-Sep-16

microberts

Project name: Demo

Age: 30

Analysis interval: 2016-Sep-06 23:59:59

Subject code: Demo

Height: 1.80 m

2016-Sep-13 23:59:59

MM version 3.0

Visit: 7days

Weight: 80 kg

Interval size: 07 days 00:00:00

Date of analysis: 2017-Jun-15 11:45:11

Measurement: 1234-12345-12....123.123456.OMX

Gender: Male

Device: MM00123

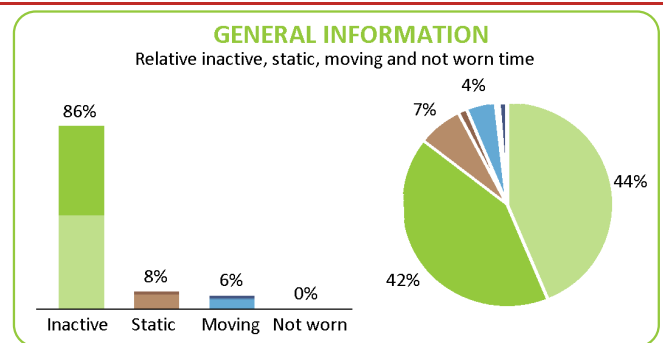
Request ID: 1234

## DAY OVERVIEW

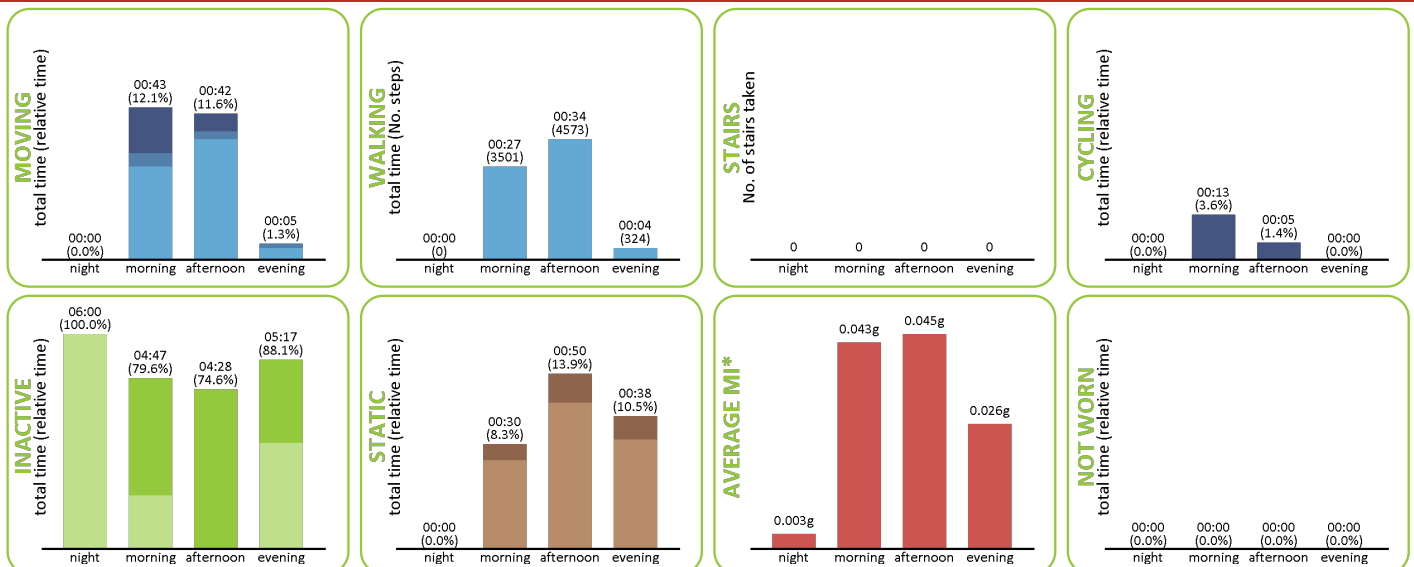


## DAY SUMMARY

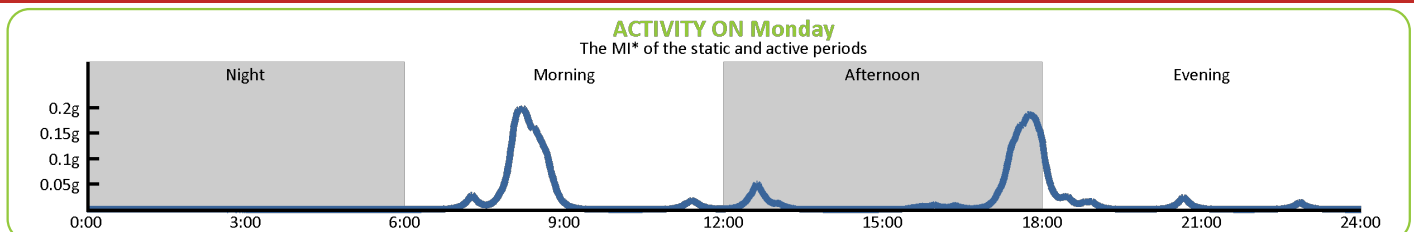
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 12     | 10h 30m    | 10h 30m    | 43.7%         | 0.005g   |
| Sitting       | 106    | 10h 03m    | 10h 03m    | 41.9%         | 0.016g   |
| Inactive      | 118    | 20h 32m    | 20h 32m    | 85.6%         | 0.010g   |
| Standing      | 610    | 1h 38m     | 1h 38m     | 6.8%          | 0.066g   |
| Shuffling     | 477    | 0h 19m     | 0h 19m     | 1.4%          | 0.160g   |
| Static        | 1087   | 1h 58m     | 1h 58m     | 8.2%          | 0.082g   |
| Walking       | 196    | 1h 04m     | 1h 04m     | 4.5%          | 0.211g   |
| Stair walking | 32     | 0h 07m     | 0h 07m     | 0.5%          | 0.298g   |
| Cycling       | 8      | 0h 18m     | 0h 18m     | 1.3%          | 0.230g   |
| Moving        | 236    | 1h 30m     | 1h 30m     | 6.2%          | 0.222g   |
| Not worn      | 0      | 0h 00m     | 0h 00m     | 0.0%          | -        |
| Total         | 1441   | 24h 00m    | 24h 00m    | 100.0%        | 0.029g   |
| Steps         | 8398   |            | 8398       |               |          |



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 3183                        | 0h 44m   | 7:59  | 8:43  | 2h 26m                           | 8:50  | 11:16 | 7h 12m                         | 0:00  | 7:12  |
| 2435                        | 0h 22m   | 17:39 | 18:01 | 1h 45m                           | 13:05 | 14:50 | 1h 13m                         | 21:02 | 22:16 |
| 1762                        | 0h 21m   | 17:17 | 17:38 | 1h 17m                           | 19:13 | 20:30 | 1h 07m                         | 22:52 | 24:00 |
| 169                         | 0h 14m   | 12:27 | 12:42 | 0h 56m                           | 11:31 | 12:27 | 0h 20m                         | 22:21 | 22:42 |
| 133                         | 0h 04m   | 7:12  | 7:17  | 0h 45m                           | 16:24 | 17:09 | 0h 13m                         | 7:29  | 7:43  |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.



# Physical activity Tue 13-Sep-16

microberts

Project name: Demo

Subject code: Demo

Visit: 7days

Measurement: 1234-12345-12....123.123456.OMX

Age: 30

Height: 1.80 m

Weight: 80 kg

Gender: Male

Analysis interval: 2016-Sep-06 23:59:59

2016-Sep-13 23:59:59

Interval size: 07 days 00:00:00

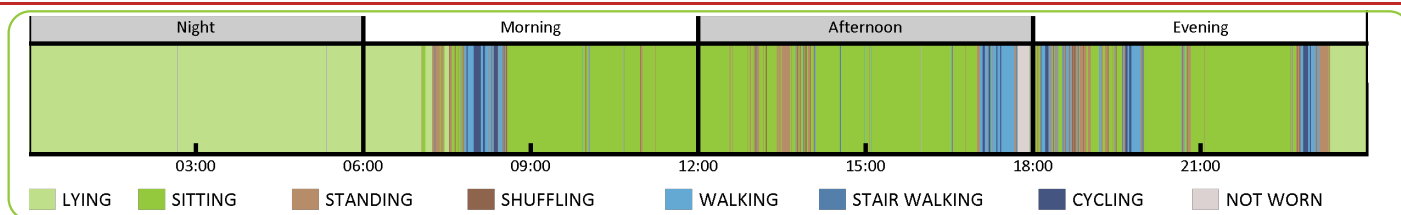
Device: MM00123

MM version 3.0

Date of analysis: 2017-Jun-15 11:45:11

Request ID: 1234

## DAY OVERVIEW

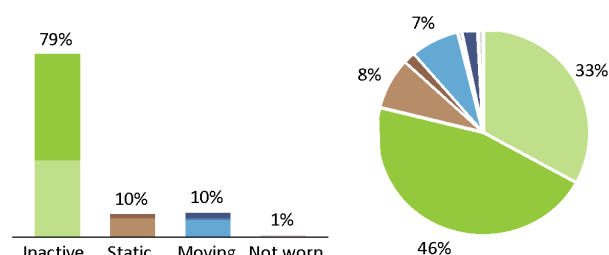


## DAY SUMMARY

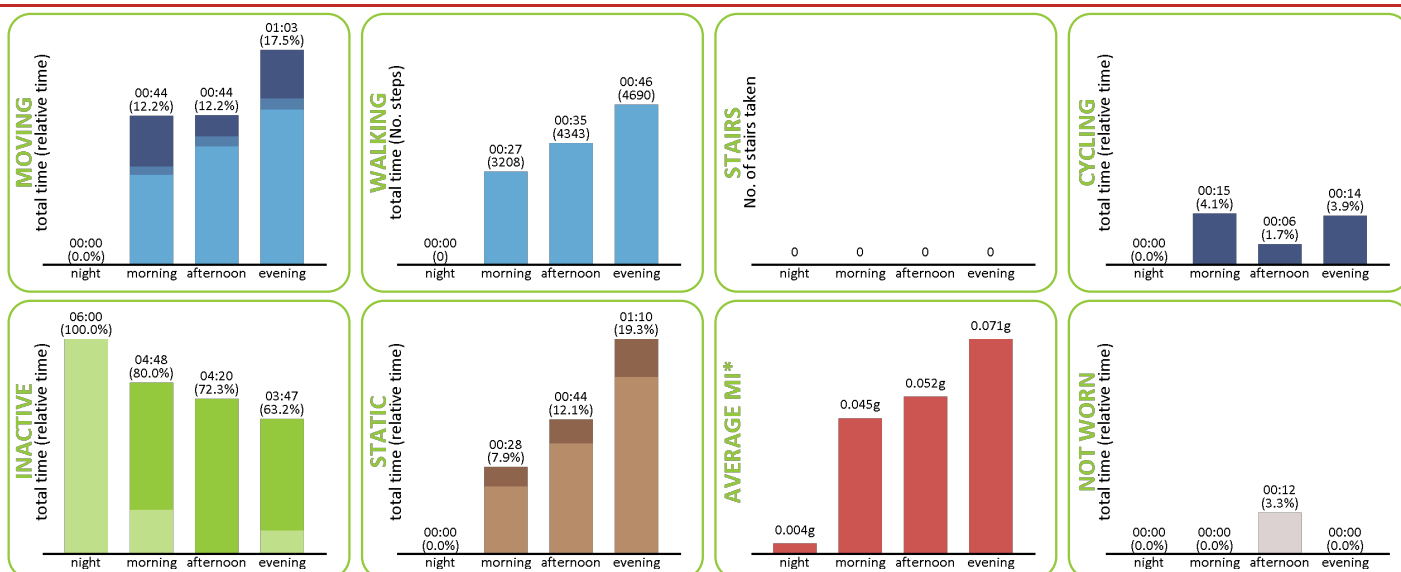
| Activity      | Amount | Total time | Avg. / 24h | Relative time | Avg. MI* |
|---------------|--------|------------|------------|---------------|----------|
| Lying         | 7      | 7h 57m     | 7h 57m     | 33.1%         | 0.005g   |
| Sitting       | 88     | 10h 59m    | 10h 59m    | 45.8%         | 0.015g   |
| Inactive      | 95     | 18h 56m    | 18h 56m    | 78.9%         | 0.011g   |
| Standing      | 968    | 1h 55m     | 1h 55m     | 8.0%          | 0.084g   |
| Shuffling     | 615    | 0h 26m     | 0h 26m     | 1.8%          | 0.174g   |
| Static        | 1583   | 2h 22m     | 2h 22m     | 9.8%          | 0.100g   |
| Walking       | 407    | 1h 47m     | 1h 47m     | 7.4%          | 0.237g   |
| Stair walking | 36     | 0h 09m     | 0h 09m     | 0.6%          | 0.292g   |
| Cycling       | 13     | 0h 35m     | 0h 35m     | 2.4%          | 0.201g   |
| Moving        | 456    | 2h 31m     | 2h 31m     | 10.5%         | 0.232g   |
| Not worn      | 1      | 0h 12m     | 0h 12m     | 0.8%          | -        |
| Total         | 2135   | 24h 00m    | 24h 00m    | 100.0%        | 0.043g   |
| Steps         | 12241  |            | 12241      |               |          |

### GENERAL INFORMATION

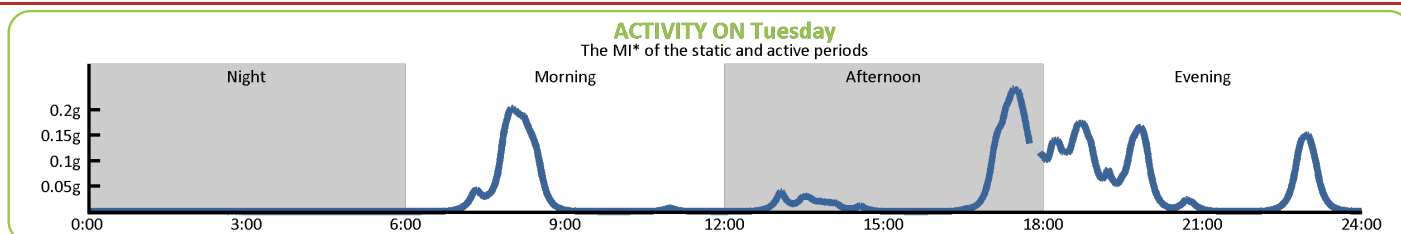
Relative inactive, static, moving and not worn time



## SESSION TO SESSION COMPARISONS



## TODAY'S MOVEMENT INTENSITY



| ACTIVE PERIODS (most steps) |          |       |       | SITTING PERIODS (longest period) |       |       | LYING PERIODS (longest period) |       |       |
|-----------------------------|----------|-------|-------|----------------------------------|-------|-------|--------------------------------|-------|-------|
| steps                       | duration | start | end   | duration                         | start | end   | duration                       | start | end   |
| 3815                        | 0h 44m   | 16:59 | 17:43 | 1h 58m                           | 14:33 | 16:32 | 7h 02m                         | 0:00  | 7:02  |
| 2963                        | 0h 49m   | 7:44  | 8:34  | 1h 48m                           | 20:49 | 22:38 | 0h 40m                         | 23:19 | 24:00 |
| 1797                        | 0h 23m   | 19:35 | 19:59 | 1h 34m                           | 10:59 | 12:33 | 0h 07m                         | 7:06  | 7:13  |
| 1033                        | 0h 36m   | 22:42 | 23:19 | 1h 23m                           | 8:34  | 9:58  | 0h 04m                         | 7:27  | 7:31  |
| 824                         | 0h 22m   | 18:04 | 18:27 | 0h 53m                           | 10:03 | 10:57 |                                |       |       |

\* The Movement Intensity of an activity is the average body acceleration (g) during this activity.

\*\* During this session the system was not measuring or not worn for more than 10% of the time.