



Energy Expenditure Overview



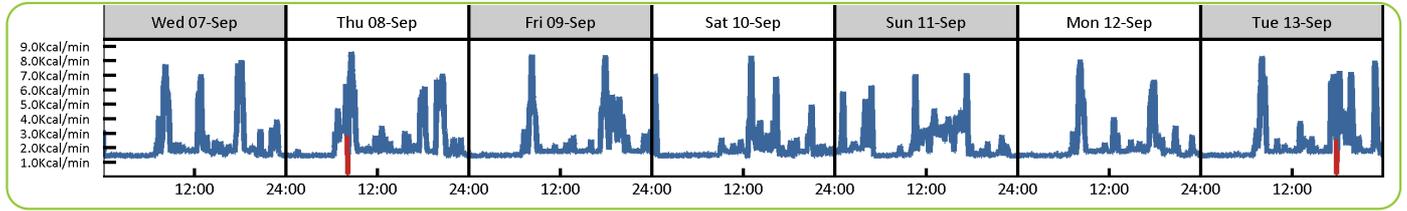
Project name: **Demo**
 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

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

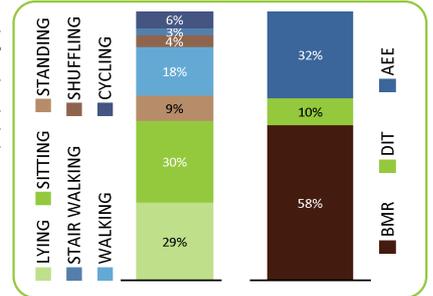
Analysis interval: **2016-Sep-06 23:59:59**
2016-Sep-13 23:59:59
 Interval size: **07 days 00:00:00**
 Device: **MM00123**

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

MEASUREMENT OVERVIEW



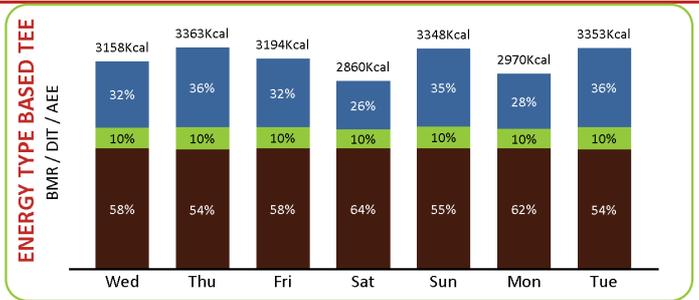
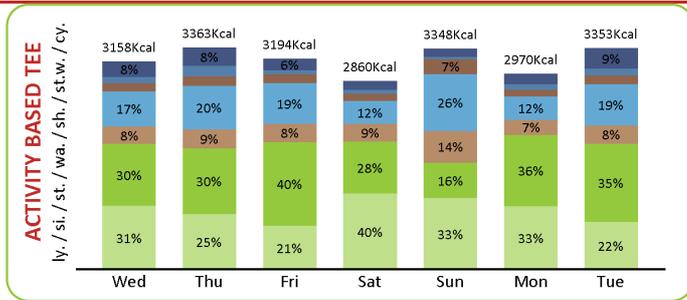
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	69h 55m	63h 03m	16h 05m	11h 45m	3h 13m	0h 50m	2h 41m	0h 23m
Relative duration	41.6%	37.5%	9.6%	7.0%	1.9%	0.5%	1.6%	0.2%
Total TEE	6427 Kcal	6775 Kcal	2070 Kcal	4002 Kcal	969 Kcal	587 Kcal	1415 Kcal	
Relative TEE	28.9%	30.5%	9.3%	18.0%	4.4%	2.6%	6.4%	
TEE per min	1.5 Kcal	1.8 Kcal	2.1 Kcal	5.7 Kcal	5.0 Kcal	11.6 Kcal	8.8 Kcal	
PAR	1.07	1.26	1.47	4.97	4.01	7.95	5.92	



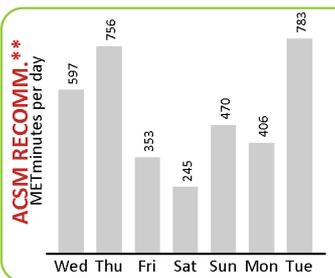
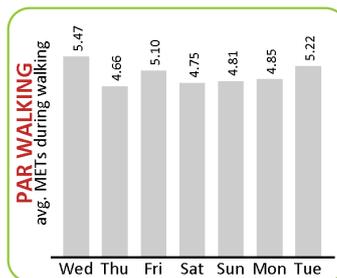
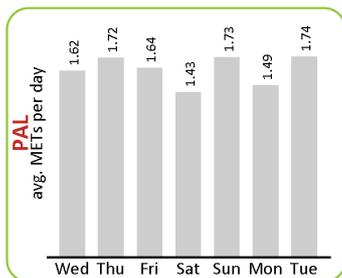
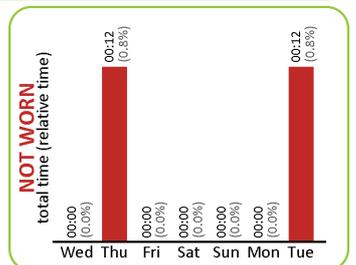
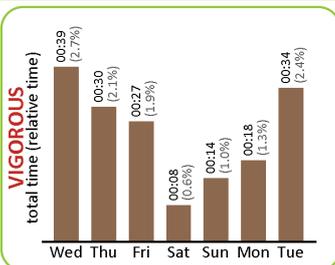
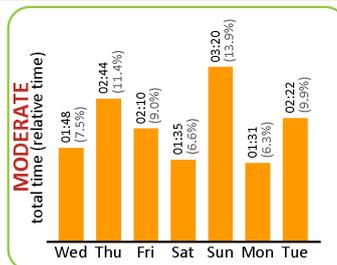
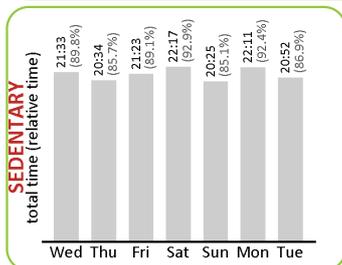
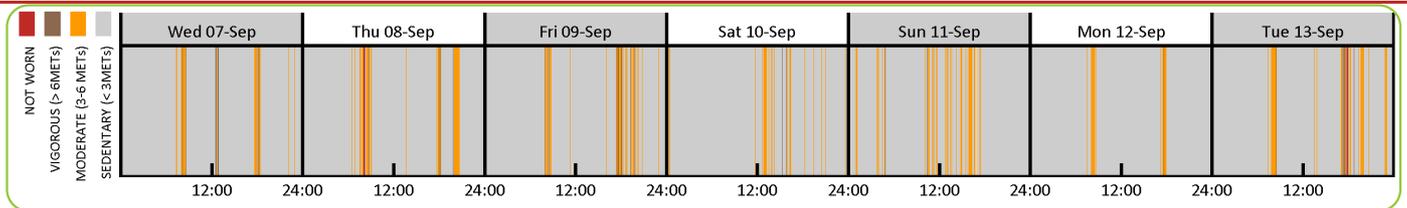
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	12840 Kcal	2225 Kcal	7181 Kcal	22245 Kcal
Average per 24hr	1834 Kcal	318 Kcal	1026 Kcal	3178 Kcal
Relative	57.7%	10.0%	32.3%	100.0%

PAL: 1.62

DAY TO DAY COMPARISON



RELATIVE ACTIVITY OUTCOMES



Reached the minimum of 500 MET*min ✓
 Reached a good level of 750 MET*min ✓
 Total MET-minutes **3609**

* During this session the system was not measuring or not worn for more than 10% of the time.
 ** This is a very simplified form to display the ACSM-norm, for a more detailed view see our PA-Recommendations report, for an explanation of the calculation see www.mroberts.nl/module/physical-activity-recommendations.



Energy Expenditure Wed 07-Sep-16 **microberts**

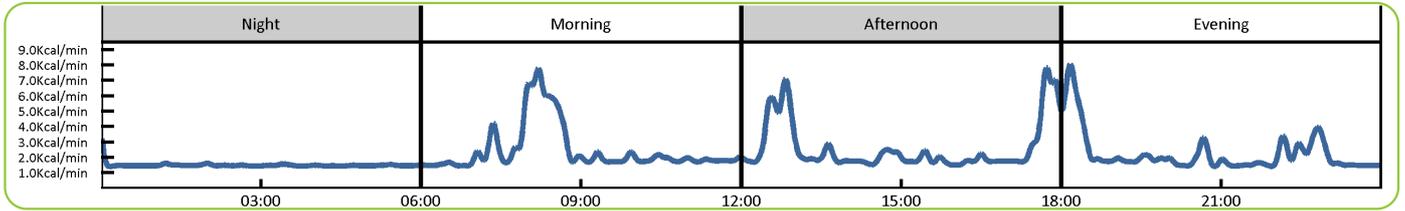
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 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

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

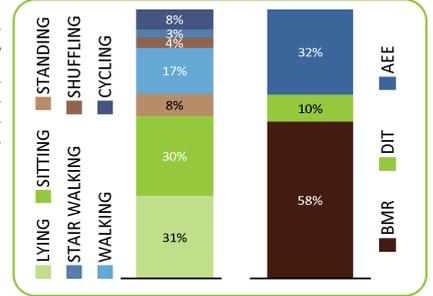
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2016-Sep-13 23:59:59
 Interval size: **07 days 00:00:00**
 Device: **MM00123**

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

DAY OVERVIEW



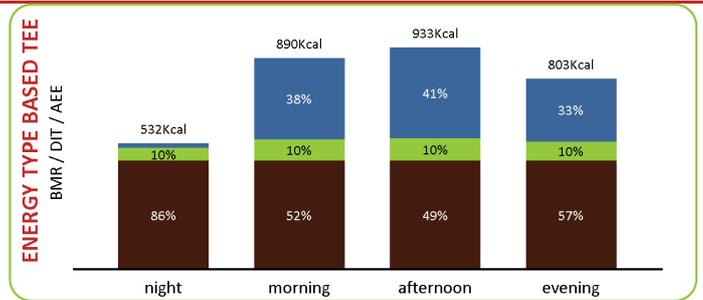
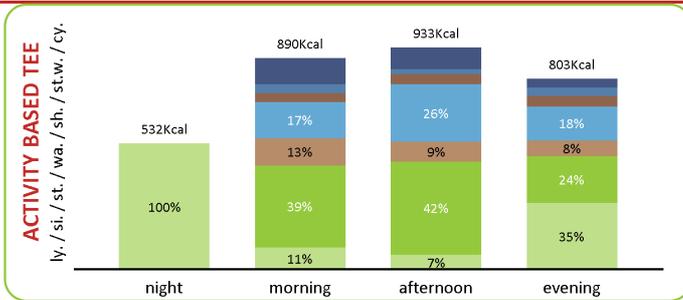
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	10h 44m	8h 44m	2h 01m	1h 29m	0h 24m	0h 08m	0h 27m	0h 00m
Relative duration	44.7%	36.4%	8.5%	6.2%	1.7%	0.6%	1.9%	0.0%
Total TEE	971 Kcal	934 Kcal	263 Kcal	536 Kcal	124 Kcal	93 Kcal	238 Kcal	
Relative TEE	30.7%	29.6%	8.3%	17.0%	3.9%	3.0%	7.5%	
TEE per min	1.5 Kcal	1.8 Kcal	2.2 Kcal	6.0 Kcal	5.0 Kcal	11.5 Kcal	8.8 Kcal	
PAR	1.05	1.26	1.48	5.47	4.04	7.88	5.92	



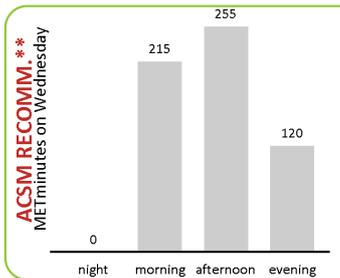
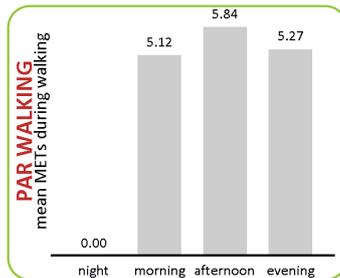
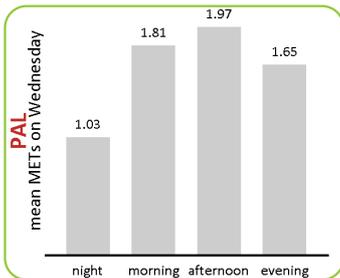
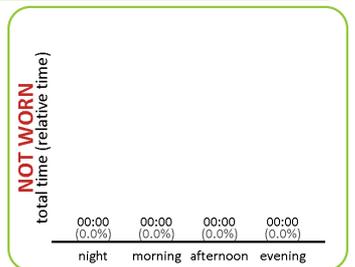
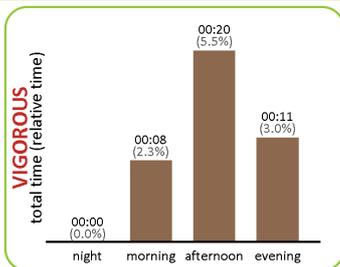
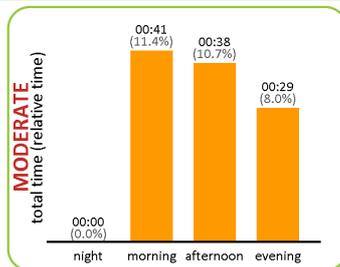
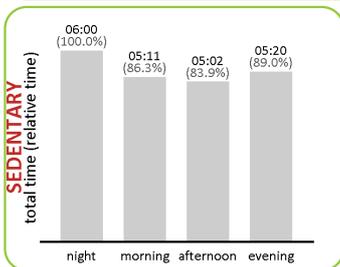
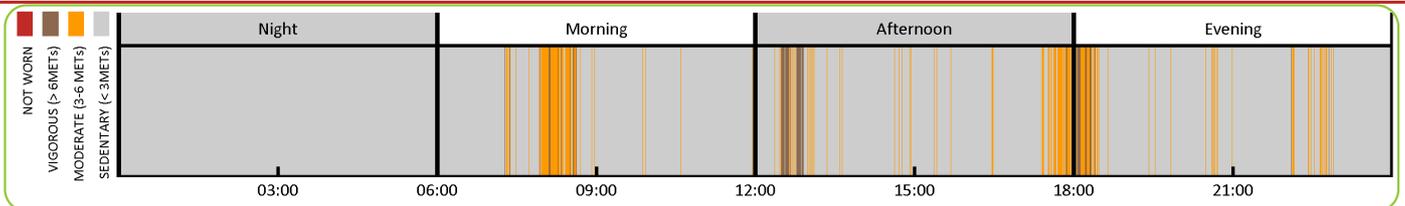
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1839 Kcal	316 Kcal	1003 Kcal	3158 Kcal
Average per 24hr	1839 Kcal	316 Kcal	1003 Kcal	3158 Kcal
Relative	58.2%	10.0%	31.8%	100.0%

PAL: 1.62

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
Total MET-minutes 590

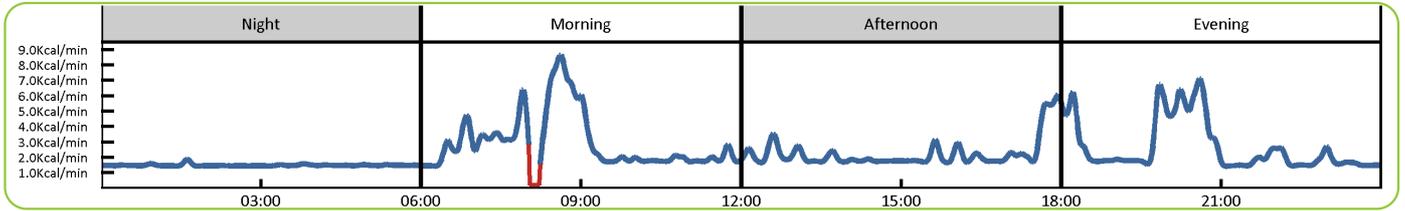
* During this session the system was not measuring or not worn for more than 10% of the time.
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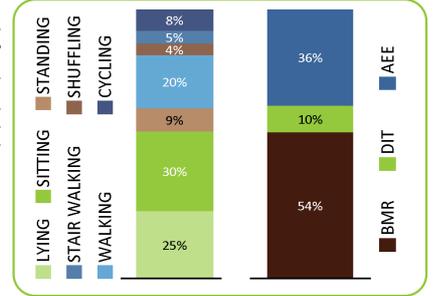
Energy Expenditure Thu 08-Sep-16 mcr**o**berts

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



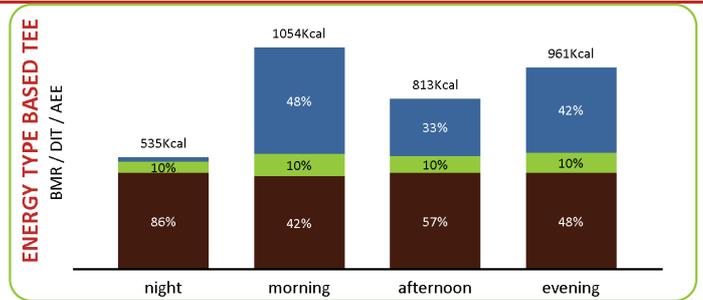
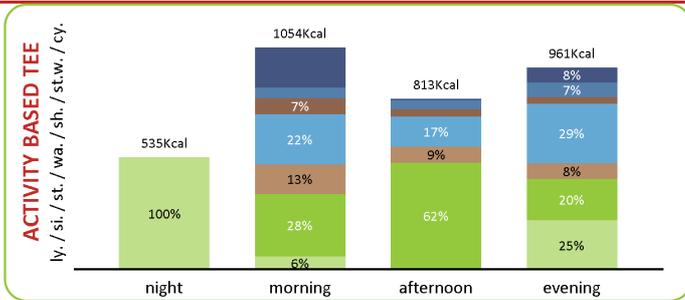
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	9h 10m	9h 13m	2h 10m	2h 01m	0h 28m	0h 13m	0h 31m	0h 11m
Relative duration	38.2%	38.4%	9.1%	8.4%	1.9%	1.0%	2.2%	0.8%
Total TEE	844 Kcal	994 Kcal	290 Kcal	661 Kcal	143 Kcal	160 Kcal	272 Kcal	
Relative TEE	25.1%	29.6%	8.6%	19.6%	4.2%	4.8%	8.1%	
TEE per min	1.5 Kcal	1.8 Kcal	2.2 Kcal	5.5 Kcal	5.1 Kcal	11.6 Kcal	8.8 Kcal	
PAR	1.07	1.27	1.53	4.66	4.12	7.96	5.92	



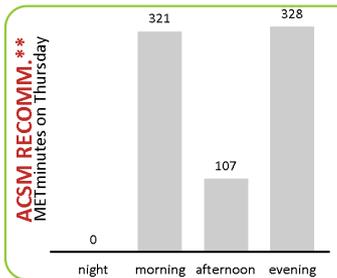
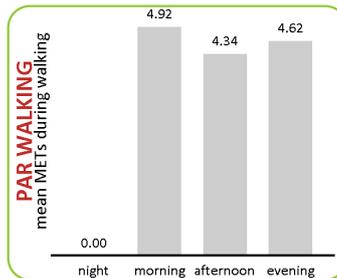
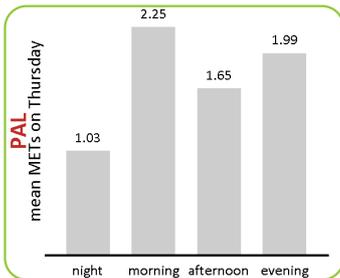
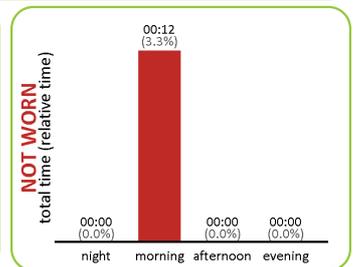
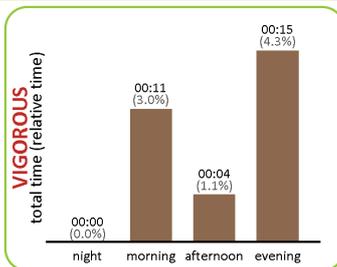
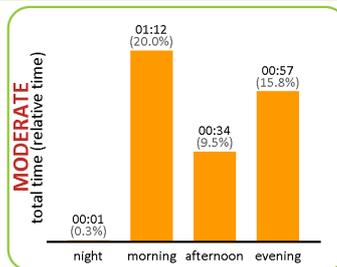
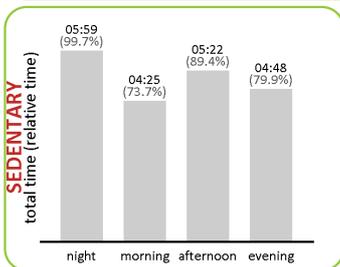
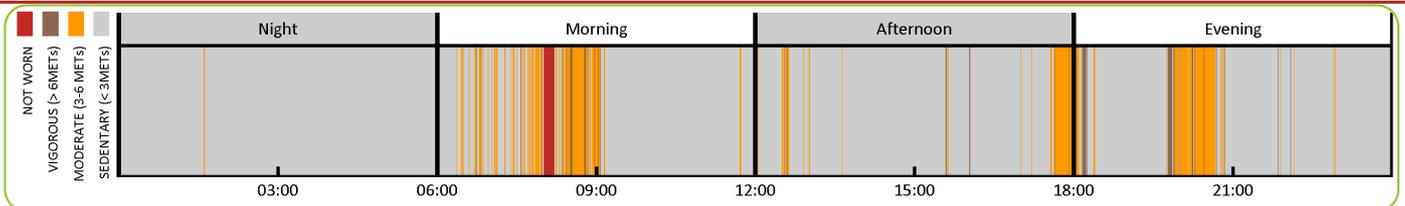
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1823 Kcal	336 Kcal	1203 Kcal	3363 Kcal
Average per 24hr	1839 Kcal	339 Kcal	1213 Kcal	3391 Kcal
Relative	54.2%	10.0%	35.8%	100.0%

PAL: 1.72

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
Total MET-minutes 756

* During this session the system was not measuring or not worn for more than 10% of the time.
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Energy Expenditure Fri 09-Sep-16



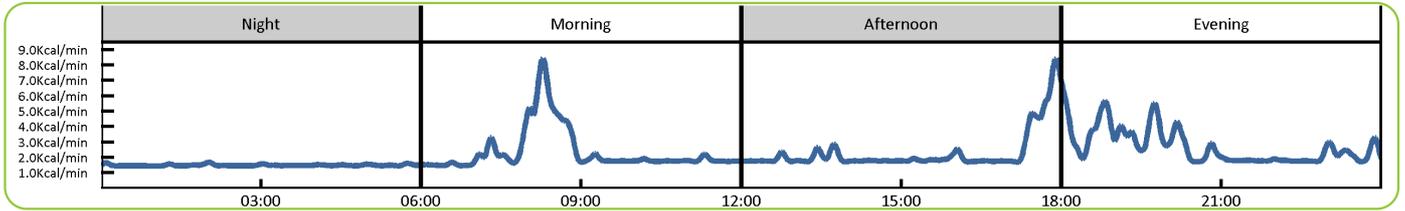
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 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

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

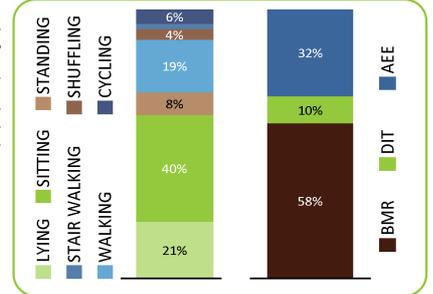
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 Device: **MM00123**

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

DAY OVERVIEW



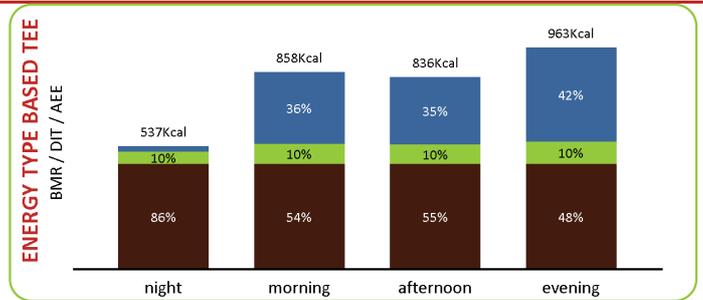
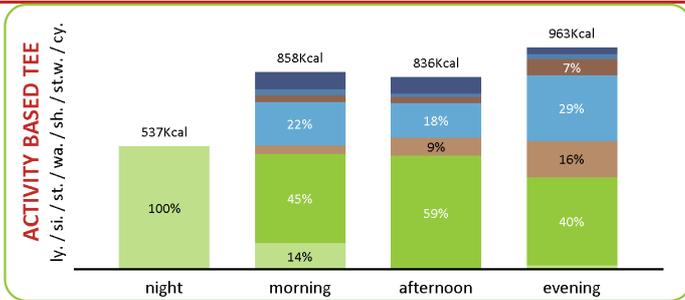
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	7h 24m	11h 47m	2h 09m	1h 48m	0h 25m	0h 04m	0h 20m	0h 00m
Relative duration	30.9%	49.1%	9.0%	7.5%	1.8%	0.3%	1.4%	0.0%
Total TEE	674 Kcal	1264 Kcal	270 Kcal	622 Kcal	128 Kcal	59 Kcal	177 Kcal	
Relative TEE	21.1%	39.6%	8.5%	19.5%	4.0%	1.9%	5.5%	
TEE per min	1.5 Kcal	1.8 Kcal	2.1 Kcal	5.8 Kcal	5.0 Kcal	12.1 Kcal	8.8 Kcal	
PAR	1.06	1.26	1.44	5.10	3.97	8.32	5.92	



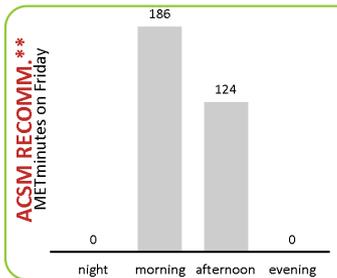
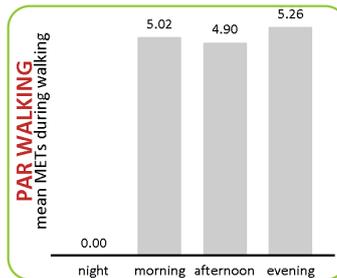
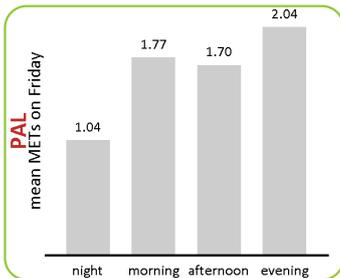
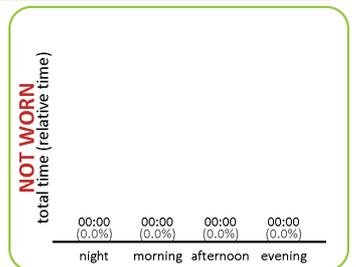
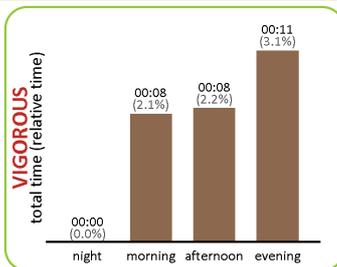
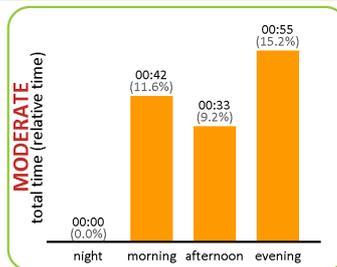
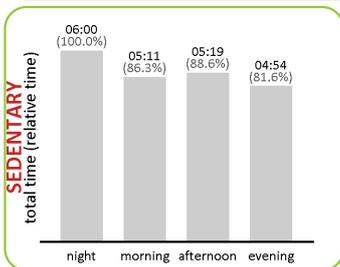
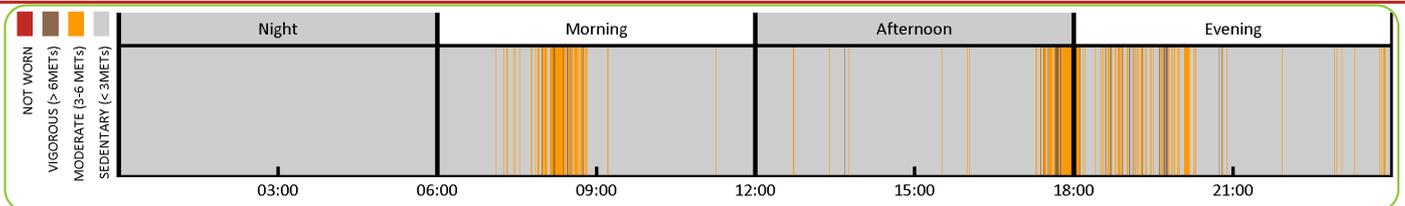
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1839 Kcal	319 Kcal	1036 Kcal	3194 Kcal
Average per 24hr	1839 Kcal	319 Kcal	1036 Kcal	3194 Kcal
Relative	57.6%	10.0%	32.4%	100.0%

PAL: 1.64

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
Total MET-minutes 310

* During this session the system was not measuring or not worn for more than 10% of the time.
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Energy Expenditure Sat 10-Sep-16



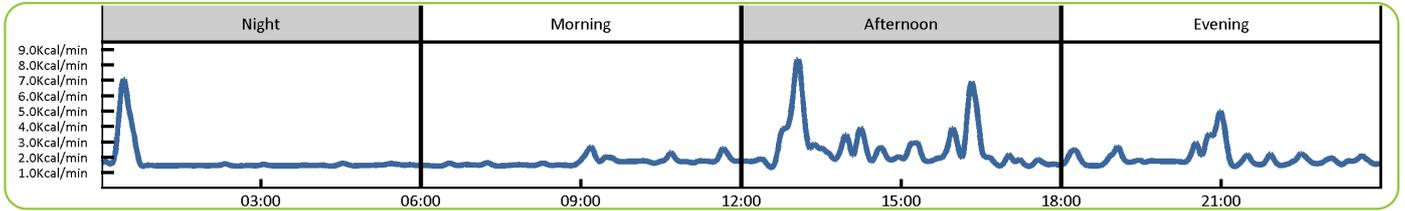
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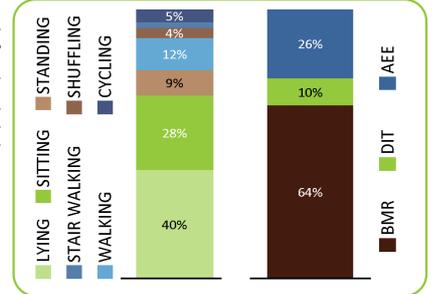
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MM version **3.0**
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DAY OVERVIEW



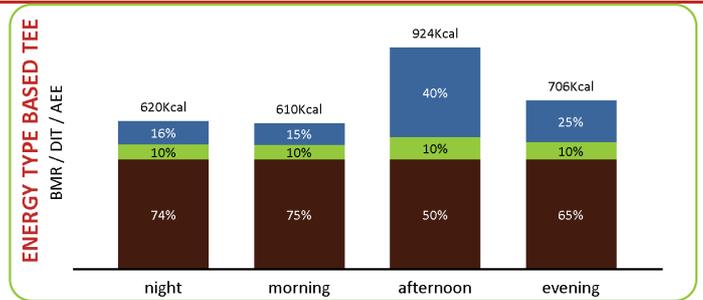
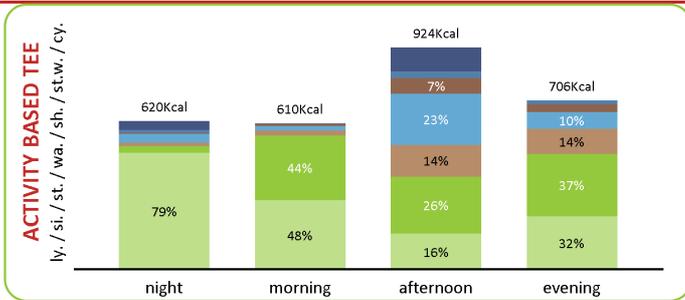
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	12h 36m	7h 25m	2h 14m	1h 01m	0h 21m	0h 05m	0h 15m	0h 00m
Relative duration	52.6%	30.9%	9.3%	4.3%	1.5%	0.3%	1.1%	0.0%
Total TEE	1154 Kcal	792 Kcal	268 Kcal	341 Kcal	110 Kcal	59 Kcal	137 Kcal	
Relative TEE	40.4%	27.7%	9.4%	11.9%	3.8%	2.1%	4.8%	
TEE per min	1.5 Kcal	1.8 Kcal	2.0 Kcal	5.5 Kcal	5.1 Kcal	11.8 Kcal	8.8 Kcal	
PAR	1.06	1.26	1.36	4.75	4.18	8.07	5.92	



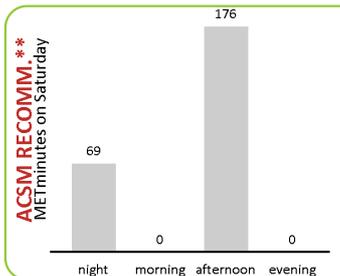
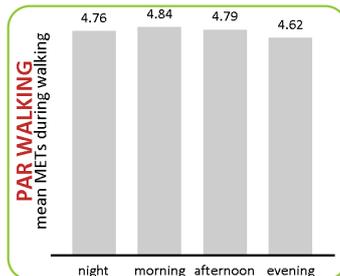
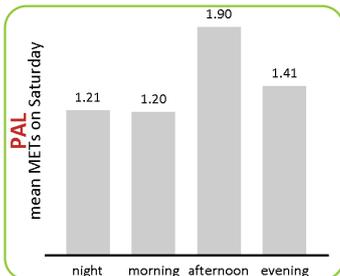
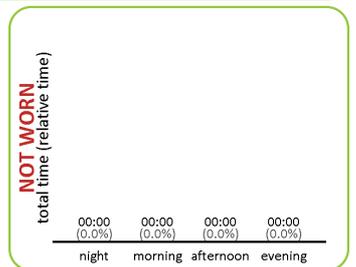
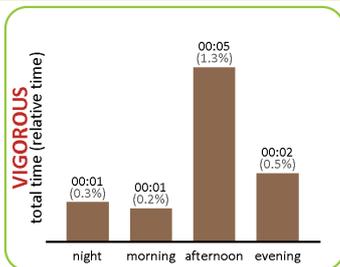
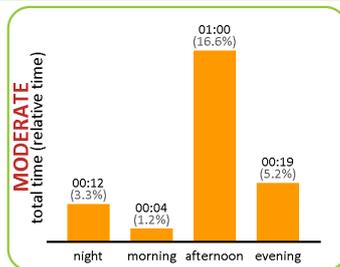
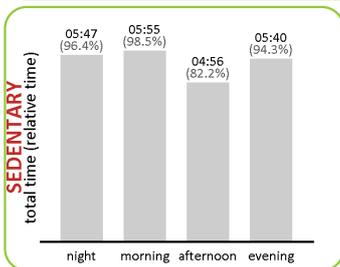
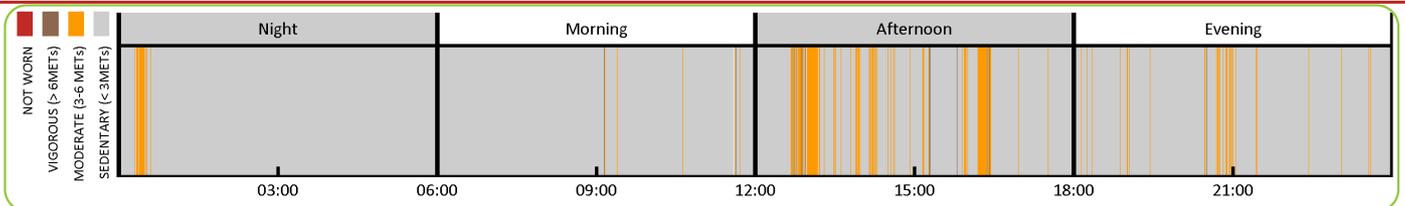
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1839 Kcal	286 Kcal	735 Kcal	2860 Kcal
Average per 24hr	1839 Kcal	286 Kcal	735 Kcal	2860 Kcal
Relative	64.3%	10.0%	25.7%	100.0%

PAL: 1.43

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
 Total MET-minutes 245

* During this session the system was not measuring or not worn for more than 10% of the time.
 ** This is a very simplified form to display the ACSM-norm, for a more detailed view see our PA-Recommendations report, for an explanation of the calculation see 'www.mcr roberts.nl/module/physical-activity-recommendations'.



Energy Expenditure Sun 11-Sep-16



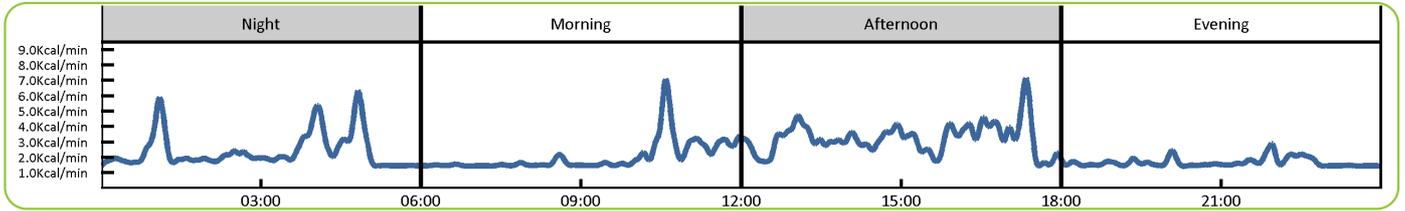
Project name: **Demo**
 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

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

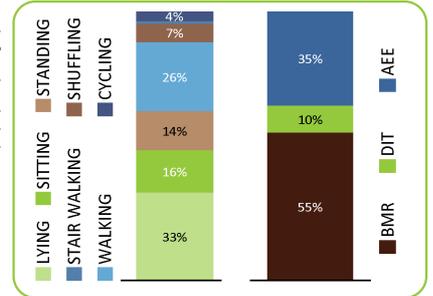
Analysis interval: **2016-Sep-06 23:59:59**
2016-Sep-13 23:59:59
 Interval size: **07 days 00:00:00**
 Device: **MM00123**

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

DAY OVERVIEW



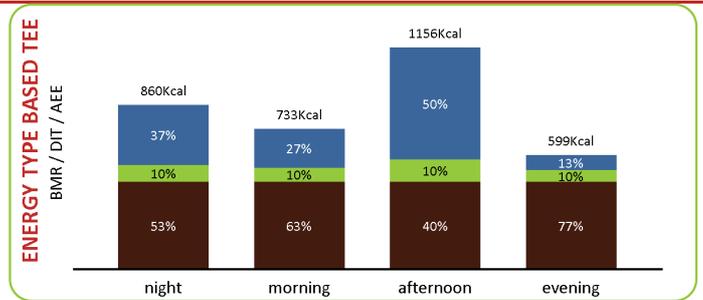
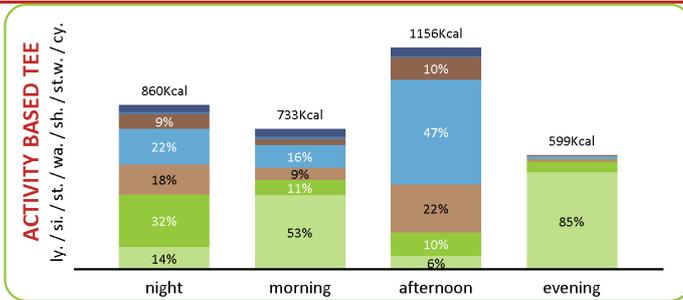
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	11h 33m	4h 50m	3h 55m	2h 34m	0h 48m	0h 02m	0h 14m	0h 00m
Relative duration	48.2%	20.2%	16.4%	10.7%	3.3%	0.2%	1.0%	0.0%
Total TEE	1092 Kcal	529 Kcal	483 Kcal	859 Kcal	229 Kcal	31 Kcal	125 Kcal	
Relative TEE	32.6%	15.8%	14.4%	25.7%	6.8%	0.9%	3.7%	
TEE per min	1.6 Kcal	1.8 Kcal	2.0 Kcal	5.6 Kcal	4.8 Kcal	11.1 Kcal	8.8 Kcal	
PAR	1.10	1.28	1.40	4.81	3.67	7.63	5.92	



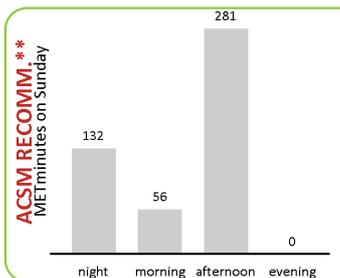
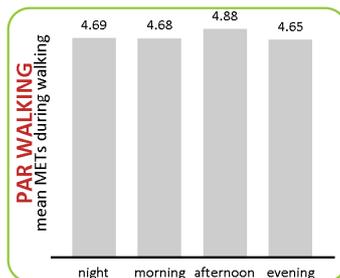
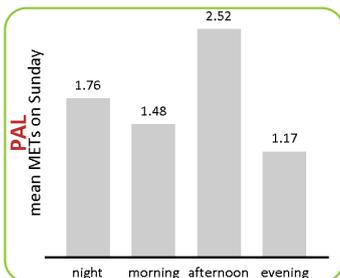
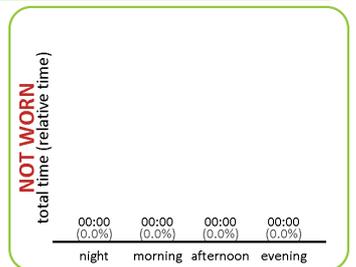
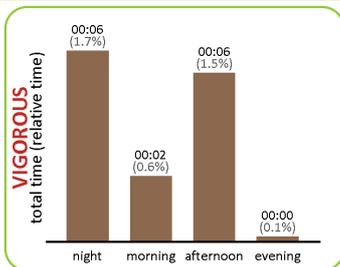
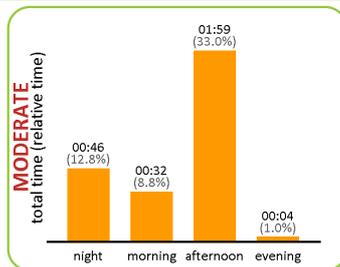
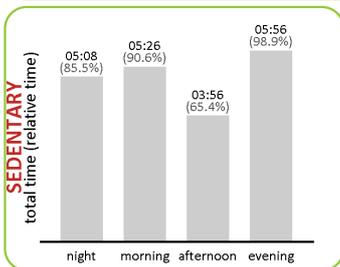
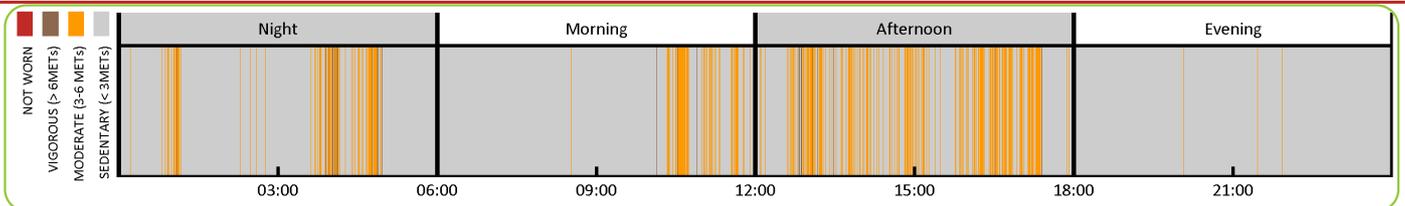
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1839 Kcal	335 Kcal	1175 Kcal	3348 Kcal
Average per 24hr	1839 Kcal	335 Kcal	1175 Kcal	3348 Kcal
Relative	54.9%	10.0%	35.1%	100.0%

PAL: 1.73

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
Total MET-minutes 470

* During this session the system was not measuring or not worn for more than 10% of the time.
 ** This is a very simplified form to display the ACSM-norm, for a more detailed view see our PA-Recommendations report, for an explanation of the calculation see 'www.mcr roberts.nl/module/physical-activity-recommendations'.



Energy Expenditure Mon 12-Sep-16



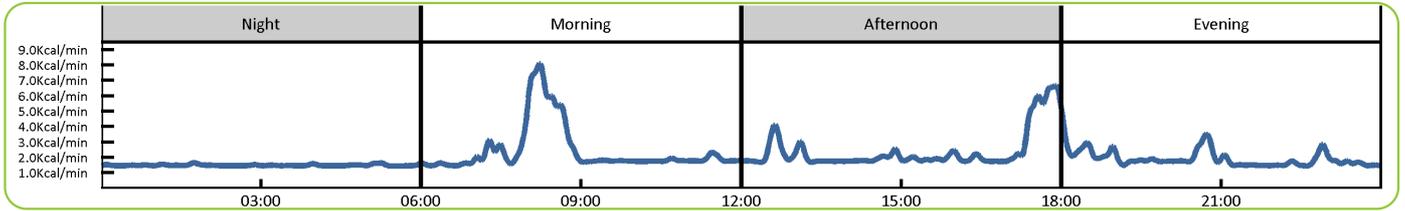
Project name: **Demo**
Subject code: **Demo**
Visit: **7days**
Measurement: **1234-12345-12....123.123456.OMX**

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

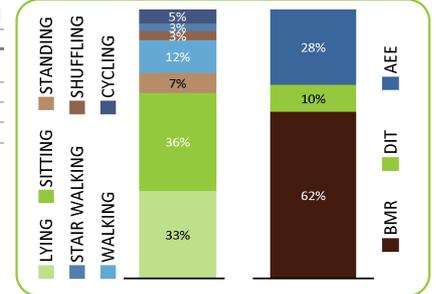
Analysis interval: **2016-Sep-06 23:59:59**
2016-Sep-13 23:59:59
Interval size: **07 days 00:00:00**
Device: **MM00123**

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

DAY OVERVIEW



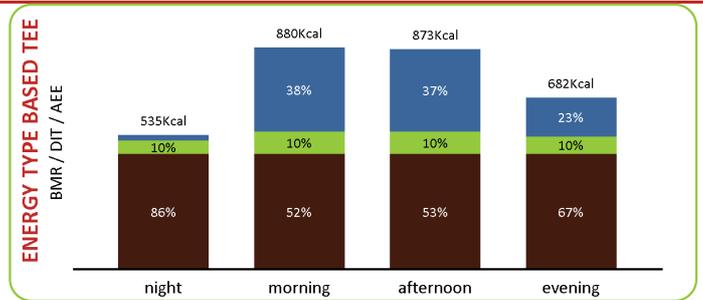
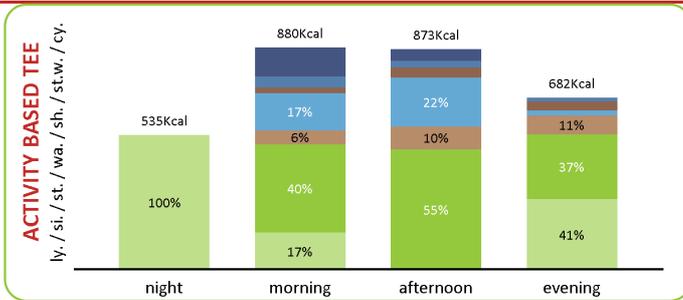
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	10h 29m	10h 02m	1h 38m	1h 04m	0h 19m	0h 07m	0h 18m	0h 00m
Relative duration	43.7%	41.9%	6.8%	4.5%	1.4%	0.5%	1.3%	0.0%
Total TEE	965 Kcal	1082 Kcal	220 Kcal	360 Kcal	99 Kcal	85 Kcal	158 Kcal	
Relative TEE	32.5%	36.4%	7.4%	12.1%	3.3%	2.9%	5.3%	
TEE per min	1.5 Kcal	1.8 Kcal	2.2 Kcal	5.6 Kcal	5.1 Kcal	11.5 Kcal	8.8 Kcal	
PAR	1.07	1.27	1.54	4.85	4.12	7.91	5.92	



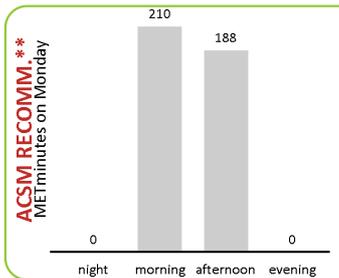
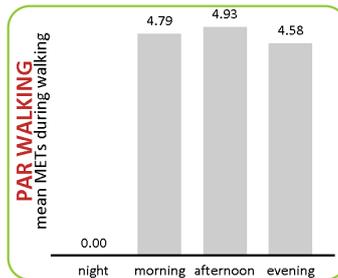
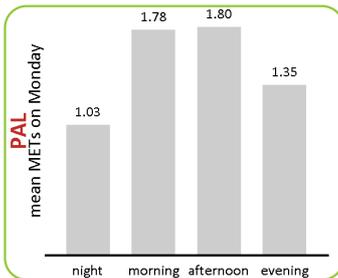
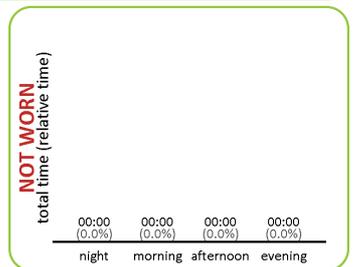
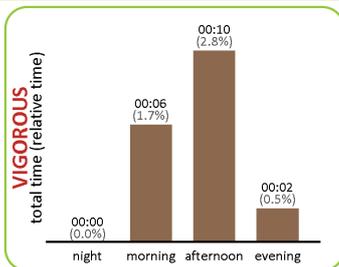
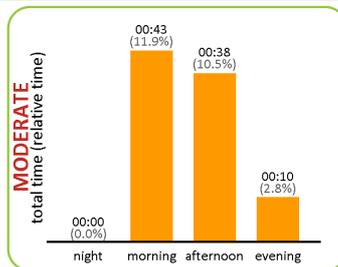
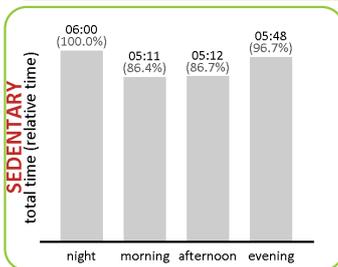
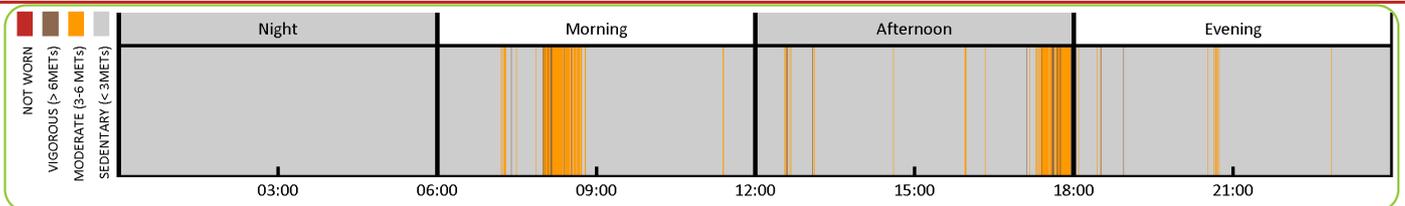
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1839 Kcal	297 Kcal	834 Kcal	2970 Kcal
Average per 24hr	1839 Kcal	297 Kcal	834 Kcal	2970 Kcal
Relative	61.9%	10.0%	28.1%	100.0%

PAL: 1.49

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min	✓
Needed avg. for a good level is 107MET•min	✓
Total MET-minutes	399

* During this session the system was not measuring or not worn for more than 10% of the time.
** This is a very simplified form to display the ACSM-norm, for a more detailed view see our PA-Recommendations report, for an explanation of the calculation see 'www.mcr Roberts.nl/module/physical-activity-recommendations'.



Energy Expenditure Tue 13-Sep-16



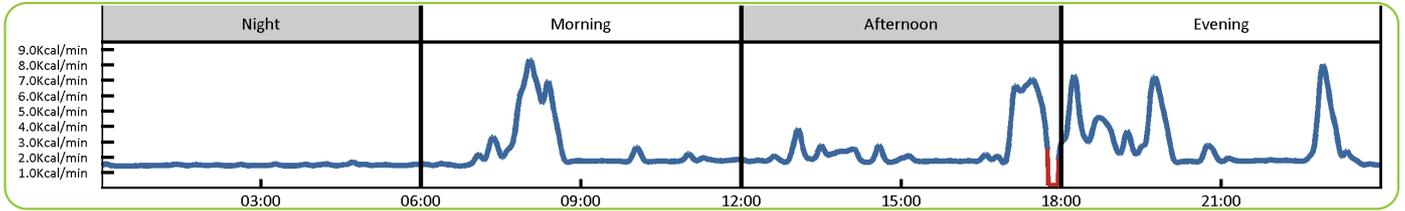
Project name: **Demo**
 Subject code: **Demo**
 Visit: **7days**
 Measurement: **1234-12345-12....123.123456.OMX**

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

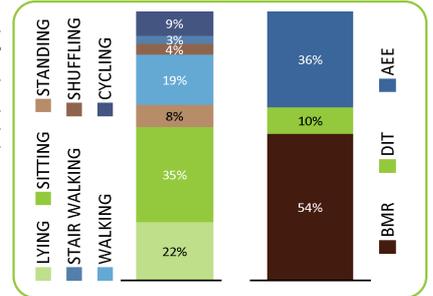
Analysis interval: **2016-Sep-06 23:59:59**
2016-Sep-13 23:59:59
 Interval size: **07 days 00:00:00**
 Device: **MM00123**

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

DAY OVERVIEW



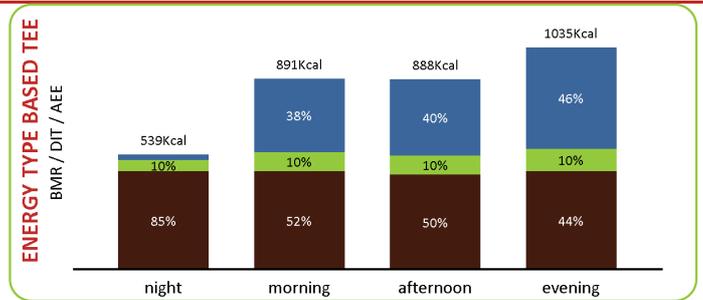
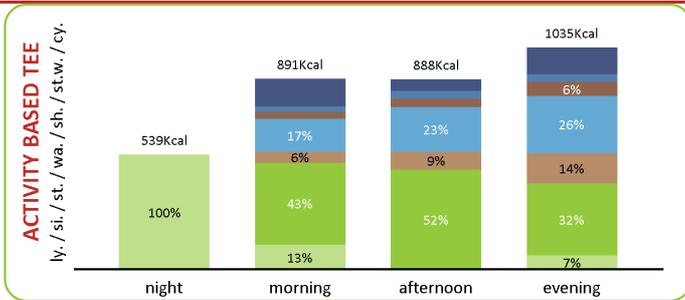
	LYING	SITTING	STANDING	WALKING	SHUFFLING	STAIR WALK	CYCLING	NOT WORN
Total duration	7h 56m	10h 59m	1h 55m	1h 46m	0h 26m	0h 08m	0h 35m	0h 11m
Relative duration	33.1%	45.8%	8.0%	7.4%	1.8%	0.6%	2.4%	0.8%
Total TEE	728 Kcal	1181 Kcal	276 Kcal	624 Kcal	136 Kcal	99 Kcal	307 Kcal	
Relative TEE	21.7%	35.2%	8.2%	18.6%	4.1%	3.0%	9.2%	
TEE per min	1.5 Kcal	1.8 Kcal	2.4 Kcal	5.8 Kcal	5.2 Kcal	11.4 Kcal	8.8 Kcal	
PAR	1.07	1.26	1.65	5.22	4.32	7.85	5.92	



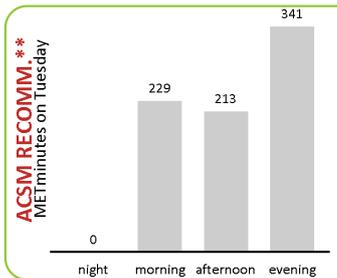
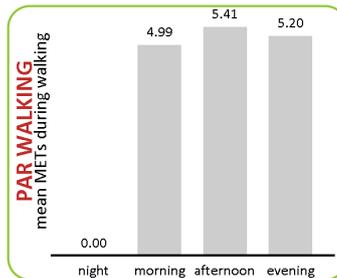
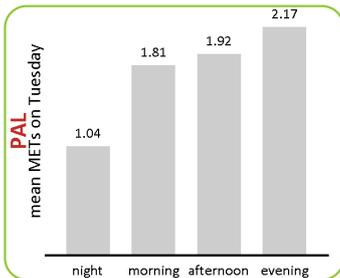
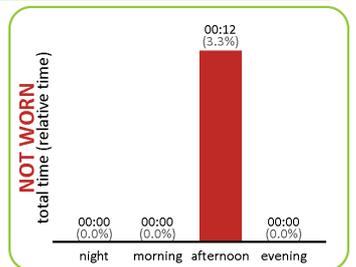
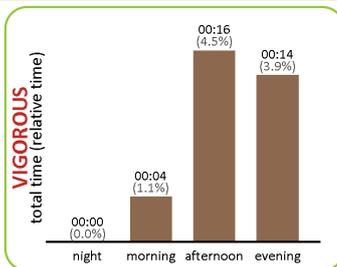
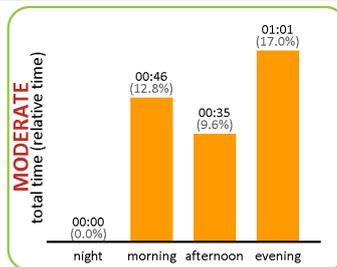
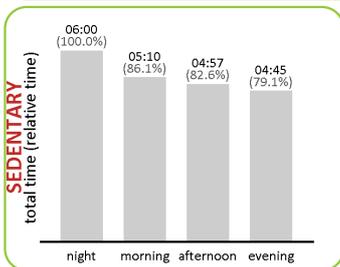
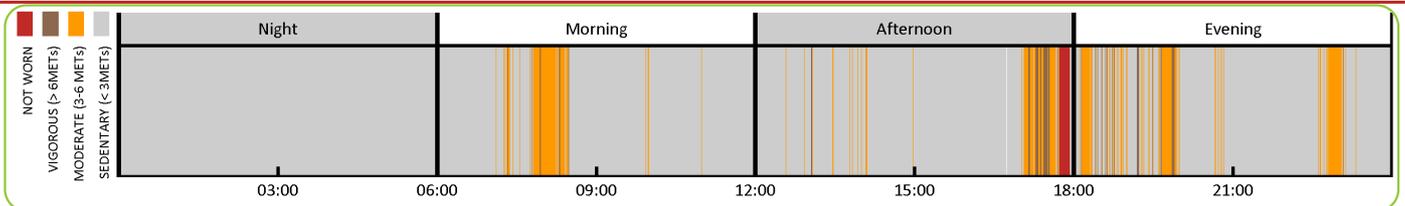
	BMR	+ DIT	+ AEE	= TEE
Total Kcal	1823 Kcal	335 Kcal	1195 Kcal	3353 Kcal
Average per 24hr	1839 Kcal	338 Kcal	1205 Kcal	3381 Kcal
Relative	54.4%	10.0%	35.6%	100.0%

PAL: 1.74

SESSION TO SESSION COMPARISONS



RELATIVE ACTIVITY OUTCOMES



Needed avg. for the minimal score is 71MET•min ✓
 Needed avg. for a good level is 107MET•min ✓
Total MET-minutes 783

* During this session the system was not measuring or not worn for more than 10% of the time.
 ** This is a very simplified form to display the ACSM-norm, for a more detailed view see our PA-Recommendations report, for an explanation of the calculation see 'www.mroberts.nl/module/physical-activity-recommendations'.