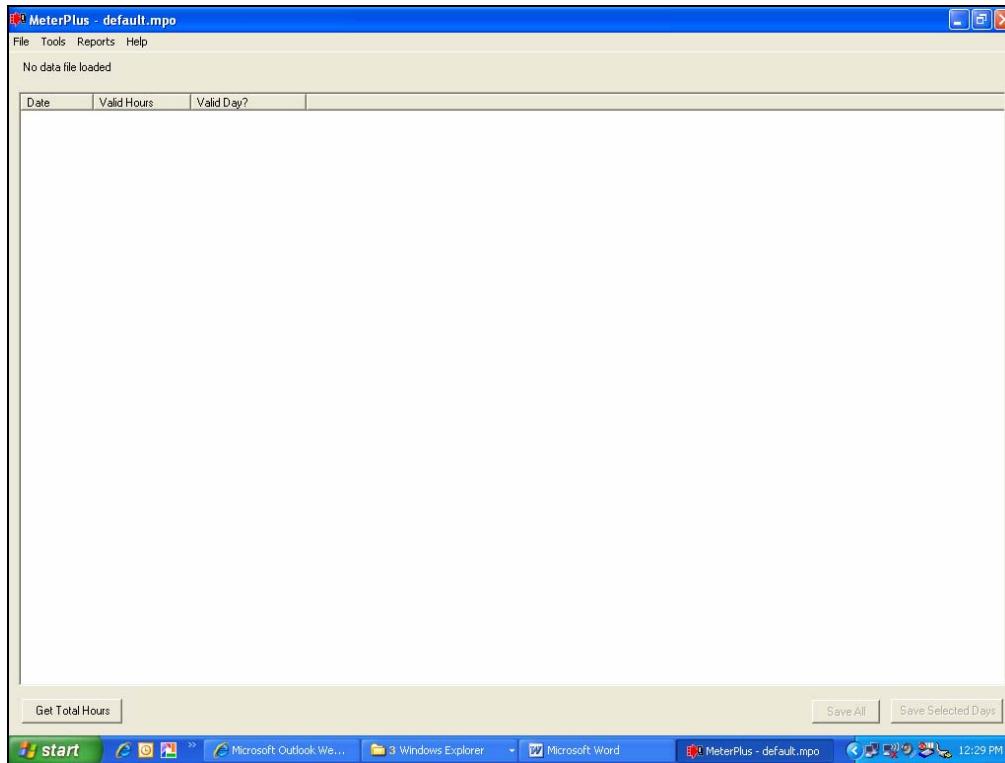
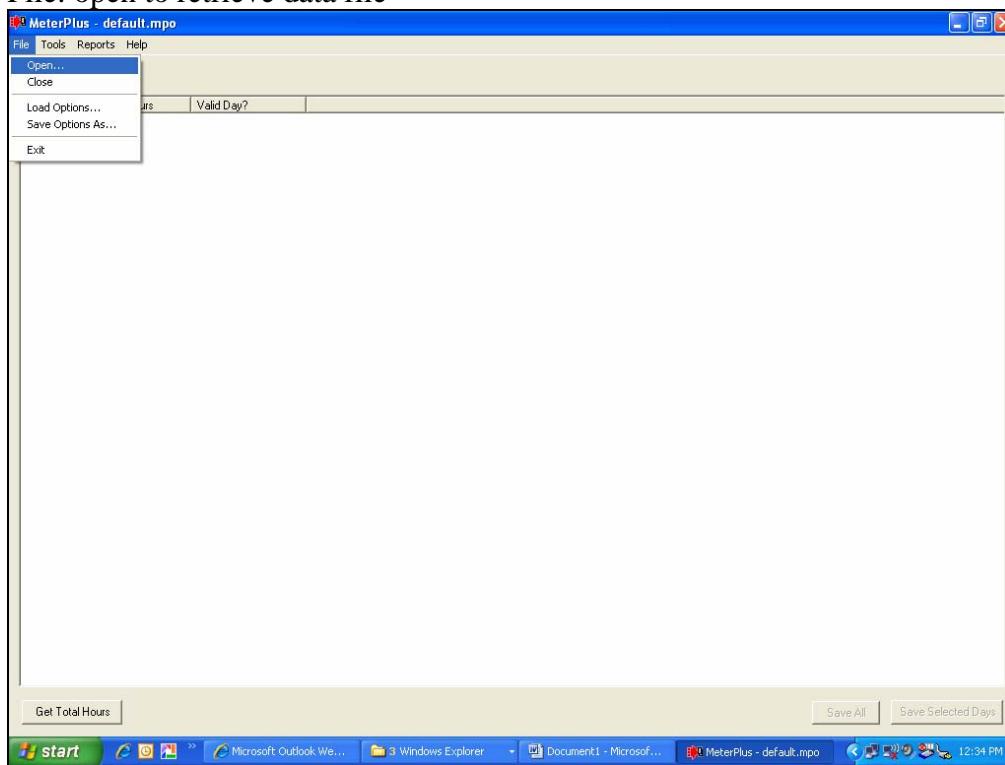


MeterPlus 3.0 Demonstration 040908

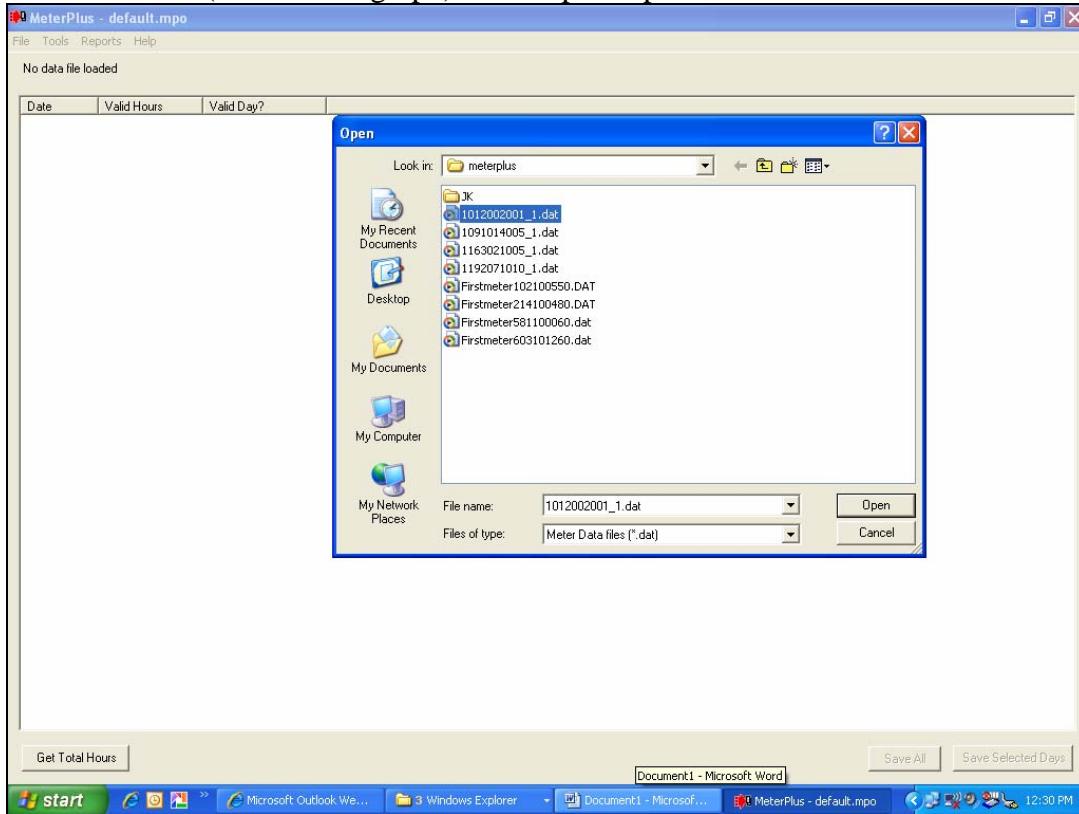
MeterPlus open, without any data loaded



File: open to retrieve data file



Select data file (.dat for Actigraph) for one participant to check wear time data



Shows summary of data with date, valid hours of wear time and valid days of wear time (the parameters for these can be changed under Tools). NB. Your wear time rules may be less stringent than your processing rules

Date	Valid Hours	Valid Day?
10/7/2007	11	Yes
10/8/2007	13	Yes
10/9/2007	11	Yes
10/10/2007	10	Yes
10/11/2007	12	Yes
10/12/2007	10	Yes
10/13/2007	12	Yes
10/14/2007	0	No
10/15/2007	1	No
10/16/2007	0	No

Get total hours simply summarizes the data for this participant

The screenshot shows the MeterPlus software interface. At the top, there's a menu bar with File, Tools, Reports, and Help. Below the menu is a file path: C:\Documents and Settings\kerr.ALR\Desktop\meterplus\1012002001_1.dat. The main window contains a table with three columns: Date, Valid Hours, and Valid Day?. The table shows data from October 7 to 16, 2007. A summary dialog box titled "Get Total Hours" is displayed in the center, stating "There are 80 valid hours in all days." with an OK button. At the bottom of the window are buttons for "Get Total Hours", "Save All", and "Save Selected Days". The taskbar at the bottom shows the start button, Microsoft Outlook, Windows Explorer, Document 1 - Microsoft..., and the MeterPlus application.

If you want to look at the raw data you can double click on any day and see the activity counts.

This screenshot shows the same MeterPlus software interface as the previous one, but with a different dialog box open. The dialog is titled "Daily Info for Sunday, October 07, 2007" and displays a grid of activity counts for each hour of the day. The grid has 24 columns labeled 0 through 23. Each cell contains a numerical value representing the count for that specific hour. For example, column 0 has values like 921, 807, 0, 0, etc. Column 23 has values like 118, 26, 327, 14, 45, 0, 384, 405, etc. At the bottom of the dialog are buttons for "Change Valid Value", "Valid", "Invalid", "OK", and "Cancel". The taskbar at the bottom shows the start button, Microsoft Outlook, Windows Explorer, meterplus_scre..., and the MeterPlus application.

Under reports you can get the header details for your individual participant's file.

The screenshot shows the MeterPlus software window titled "MeterPlus - default.mpo". The menu bar includes File, Tools, Reports, and Help. The toolbar has buttons for Header Details..., Scoring..., Get Total Hours, Save All, and Save Selected Days. The main area displays a table with columns Date, Valid Hours, and Valid Day?. The data shows the following entries:

Date	Valid Hours	Valid Day?
10/7/2007	11	Yes
10/8/2007	13	Yes
10/9/2007	11	Yes
10/10/2007	10	Yes
10/11/2007	12	Yes
10/12/2007	10	Yes
10/13/2007	12	Yes
10/14/2007	0	No
10/15/2007	1	No
10/16/2007	0	No

The taskbar at the bottom shows icons for Start, Microsoft Outlook Web Access, Windows Explorer, Document1 - Microsoft Word, and MeterPlus - default.mpo. The system tray shows the date and time as 12:32 PM.

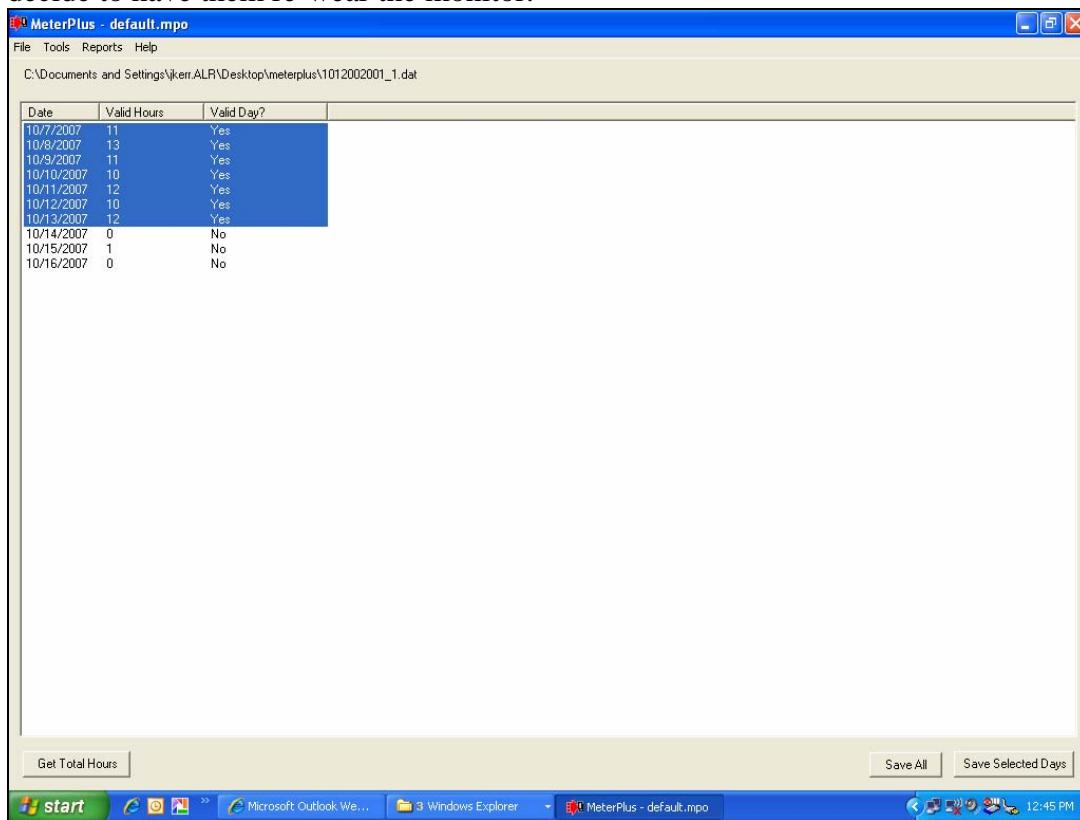
This shows you the meter details, wearing dates, epoch that was set, and download details.

The screenshot shows the MeterPlus software window with the same layout as the previous one. A "Header Information" dialog box is open in the center. The dialog contains the following text:

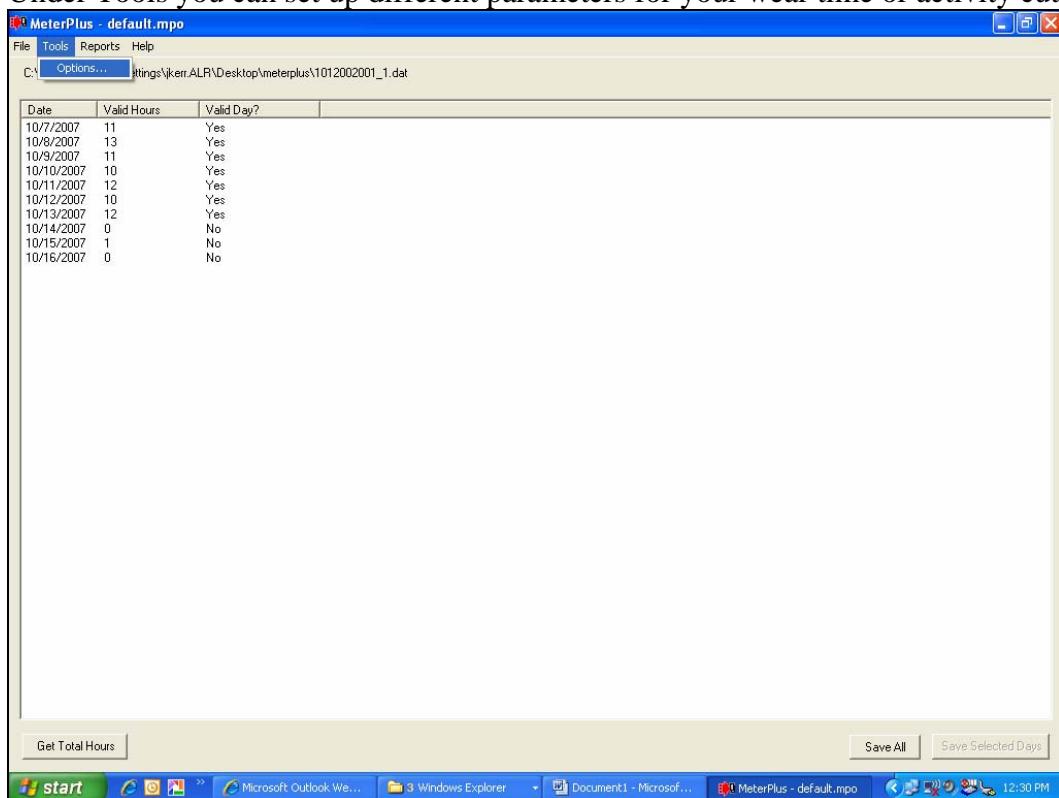
..... Data File Created By ActiGraph GT1M ActiLife v3.2.0
Serial Number: LYN2B20070157
Start Time 00:00:00
Start Date 10/07/2007
Epoch Period (hh:mm:ss) 00:00:30
Download Time 15:45:41
Download Date 10/16/2007
Current Memory Address: 55618
Current Battery Voltage: 3.71 Mode = 0

The dialog has a "Close" button at the bottom right. The taskbar and system tray are identical to the first screenshot.

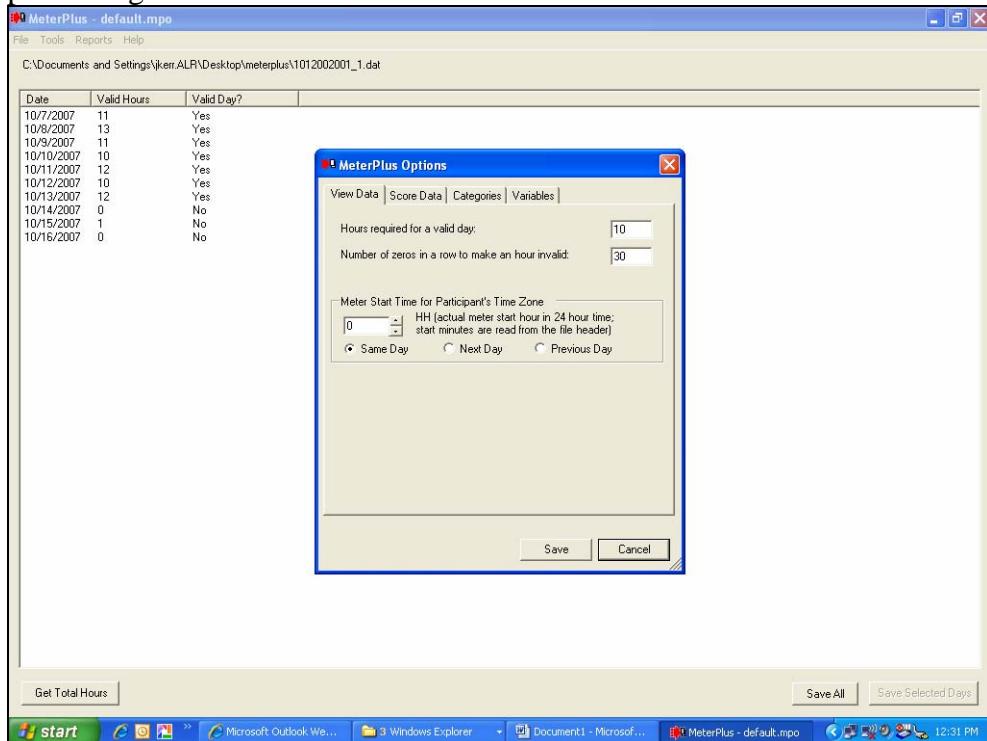
If you have already decided your wear time parameters you can save this data to a file (.mpd) for batch processing later (i.e. determining activity cuts offs). If your participant has insufficient wear time you may decide to have them re-wear the monitor.



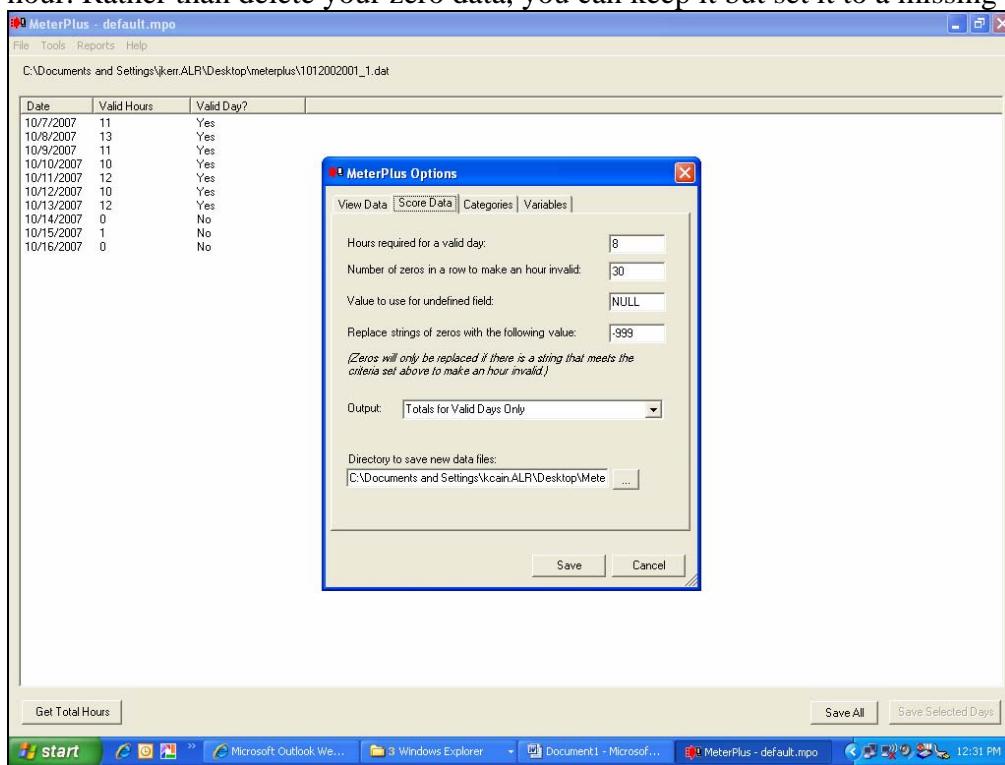
Under Tools you can set up different parameters for your wear time or activity cut offs



Under View Data you can determine the hours required for a valid day of wear time, the number of continuous zeros that you want to consider makes an hour invalid, you can also set the Time (if you sent the meter to a different time zone). Once you have done this you can save this participant's data for batch processing later.



When it comes time to score your data, you may want to run this for all your participants at once, i.e. batch processing. This will save time and ensure all data are treated in the same way. Under Score Data you can now determine how many hours are required for a valid day, and number of zeros for an invalid hour. Rather than delete your zero data, you can keep it but set it to a missing value e.g. -999.



There are several options for saving your data. You may choose to **not** save invalid days and hours.

The screenshot shows the MeterPlus software window with the title bar "MeterPlus - default.mpo". The menu bar includes File, Tools, Reports, and Help. The status bar at the bottom shows the path "C:\Documents and Settings\kerr.ALRI\Desktop\meterplus\1012002001_1.dat" and the time "10:11 AM". A "Get Total Hours" button is on the left, and "Save All" and "Save Selected Days" buttons are on the right. A "MeterPlus Options" dialog box is open in the foreground. The "Score Data" tab is selected. The "Hours required for a valid day:" field is set to 8. The "Number of zeros in a row to make an hour invalid:" field is set to 30. The "Value to use for undefined field:" field is set to NULL. The "Replace strings of zeros with the following value:" field is set to -999. The "Output:" dropdown menu is open, showing options like "Totals for Valid Days Only", "Totals for Valid and Invalid Days", etc. The "Directory to save output files to:" field is set to "C:\Documents and Settings\kerr.ALRI\Desktop\meterplus\1012002001_1.dat". Buttons for "Save" and "Cancel" are at the bottom of the dialog box.

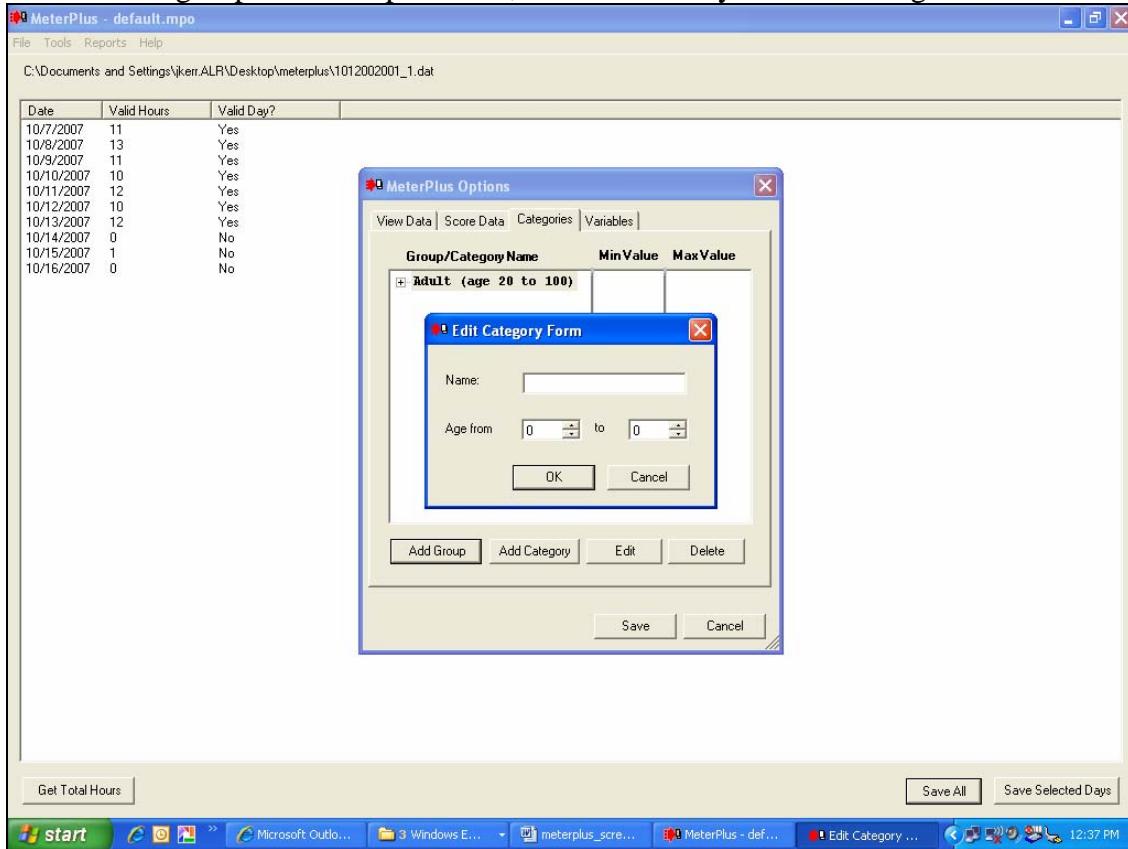
Before you save the Scored data, above, you need to set your physical activity cut points or Categories.

The screenshot shows the MeterPlus software window with the title bar "MeterPlus - default.mpo". The menu bar includes File, Tools, Reports, and Help. The status bar at the bottom shows the path "C:\Documents and Settings\kerr.ALRI\Desktop\meterplus\1012002001_1.dat" and the time "12:31 PM". A "Get Total Hours" button is on the left, and "Save All" and "Save Selected Days" buttons are on the right. A "MeterPlus Options" dialog box is open in the foreground. The "Score Data" tab is selected. A table titled "Group/Category Name" is displayed, showing categories for "Adult (age 20 to 100)". The categories and their values are:

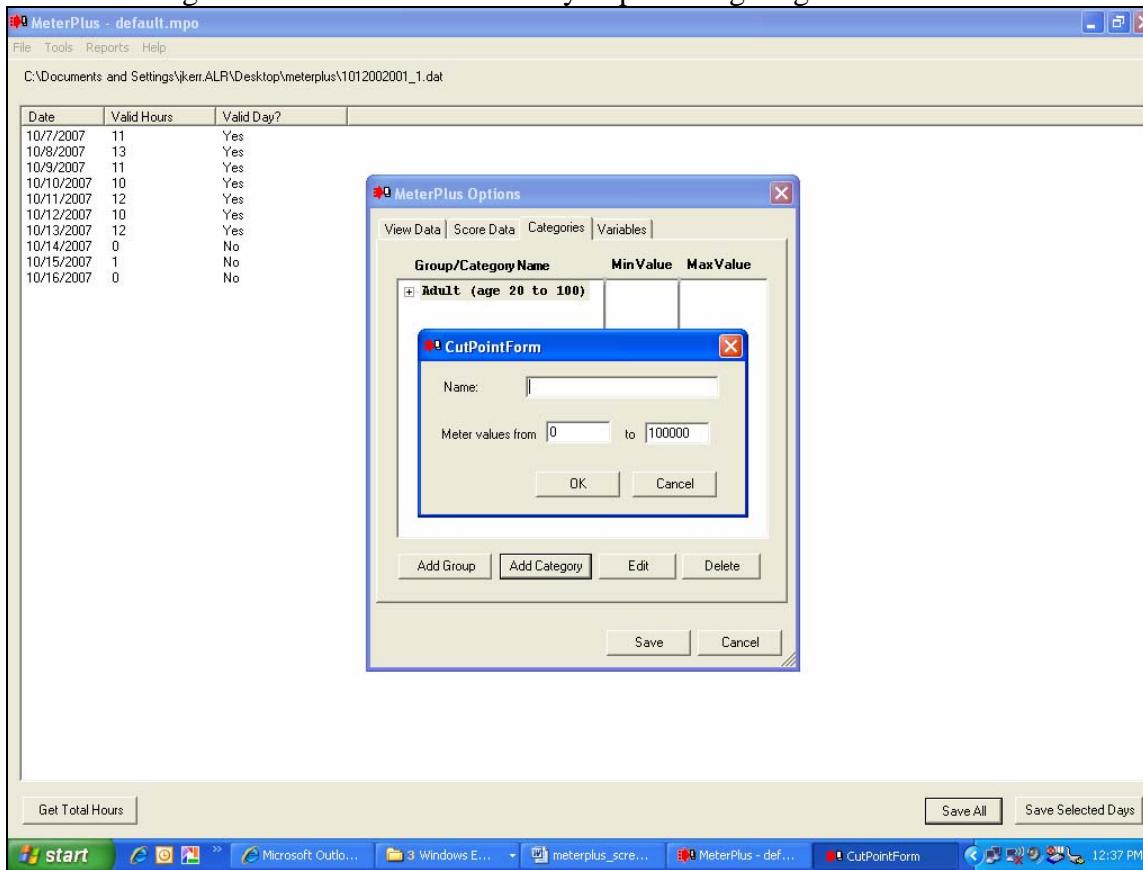
Group/Category Name	Min Value	Max Value
Adult (age 20 to 100)	-999	-999
Not_wearing	0	100
Sed	101	1952
Light	1953	5724
Moderate	5725	9498
Hard	9499	100000
Very_hard		

Buttons for "Add Group", "Add Category", "Edit", and "Delete" are at the bottom of the dialog box. Buttons for "Save" and "Cancel" are at the very bottom.

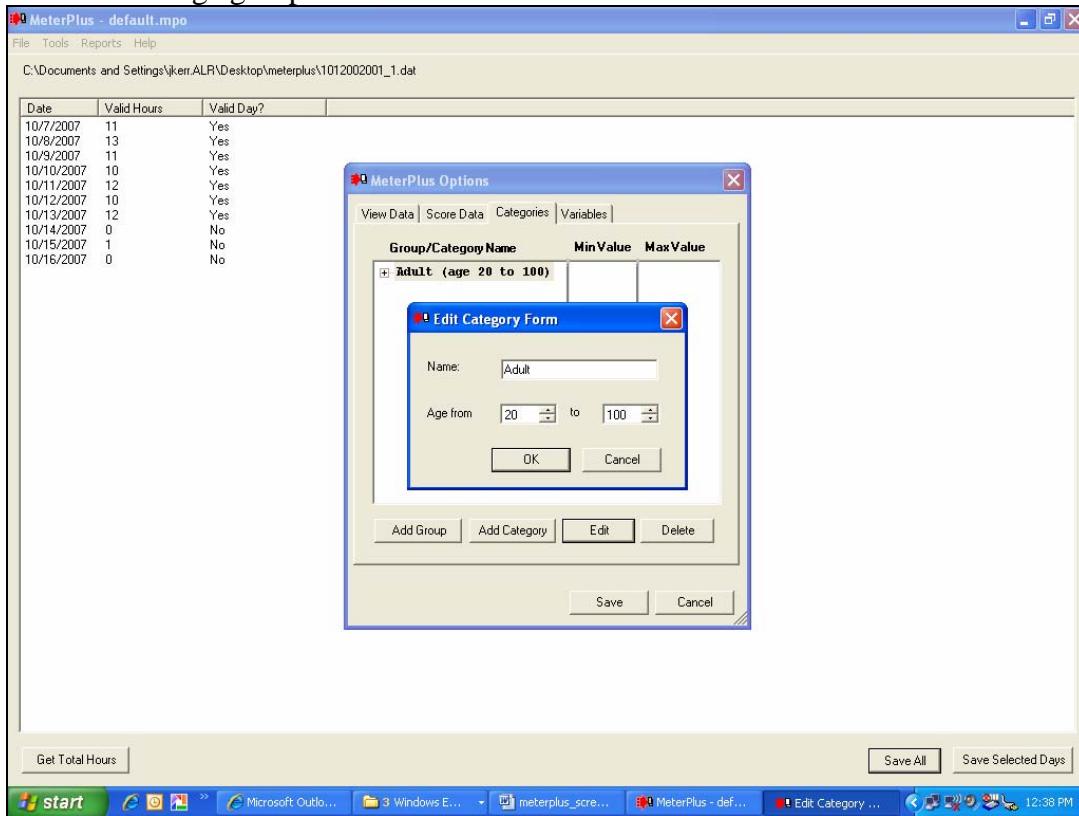
You can add groups for example adults, older adults or youth and set age limits for them.



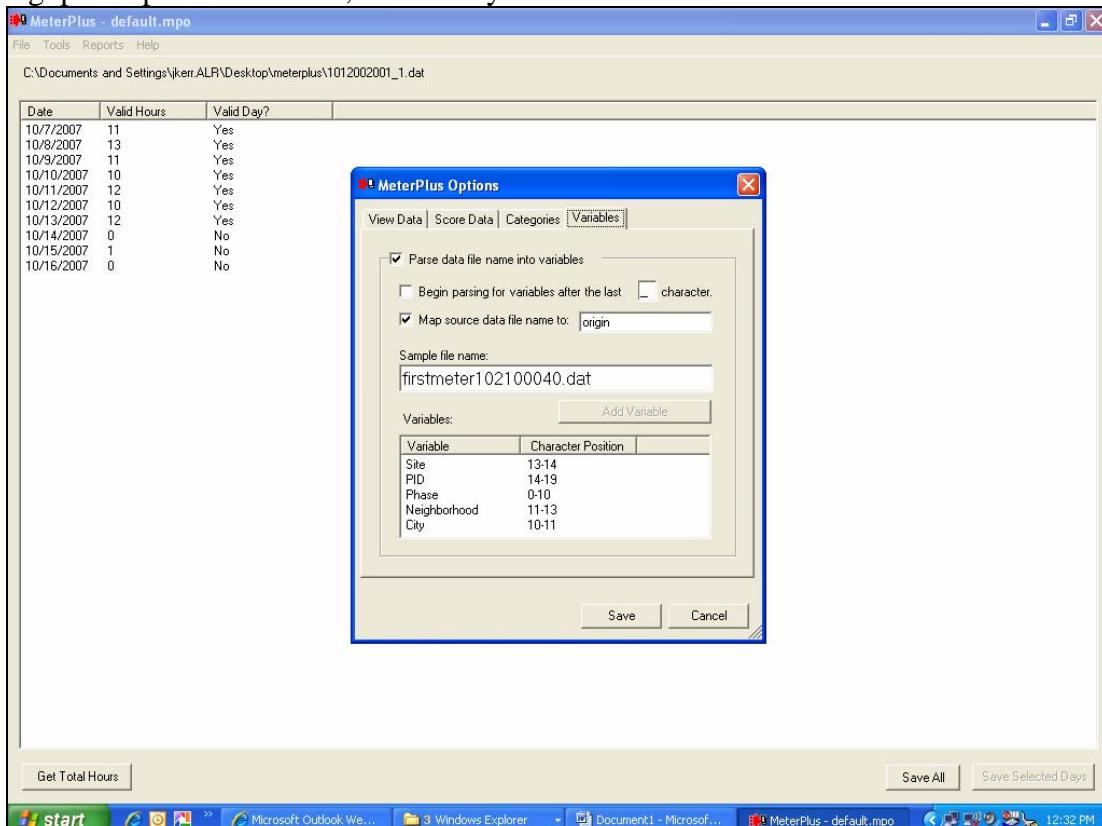
You can change cut offs and name them as you please e.g. Vigorous 9499 to 10000 counts.



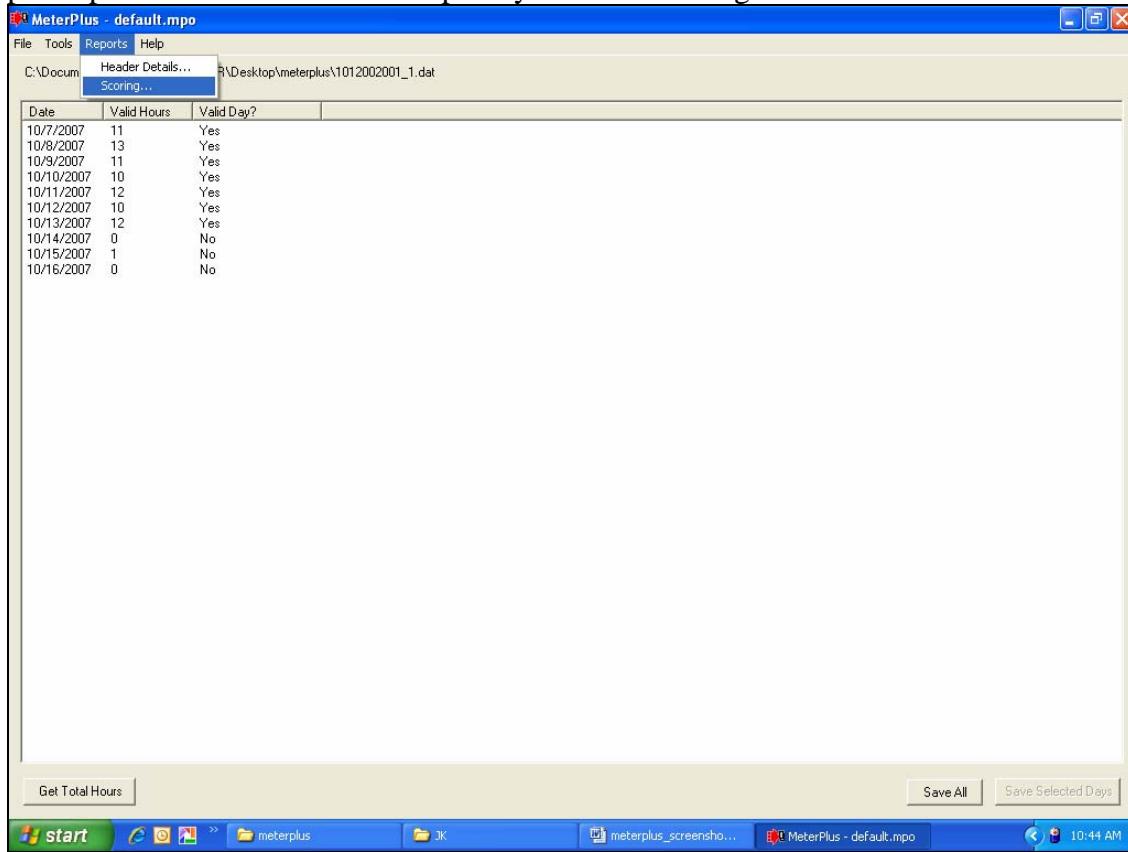
You can edit age groups etc.



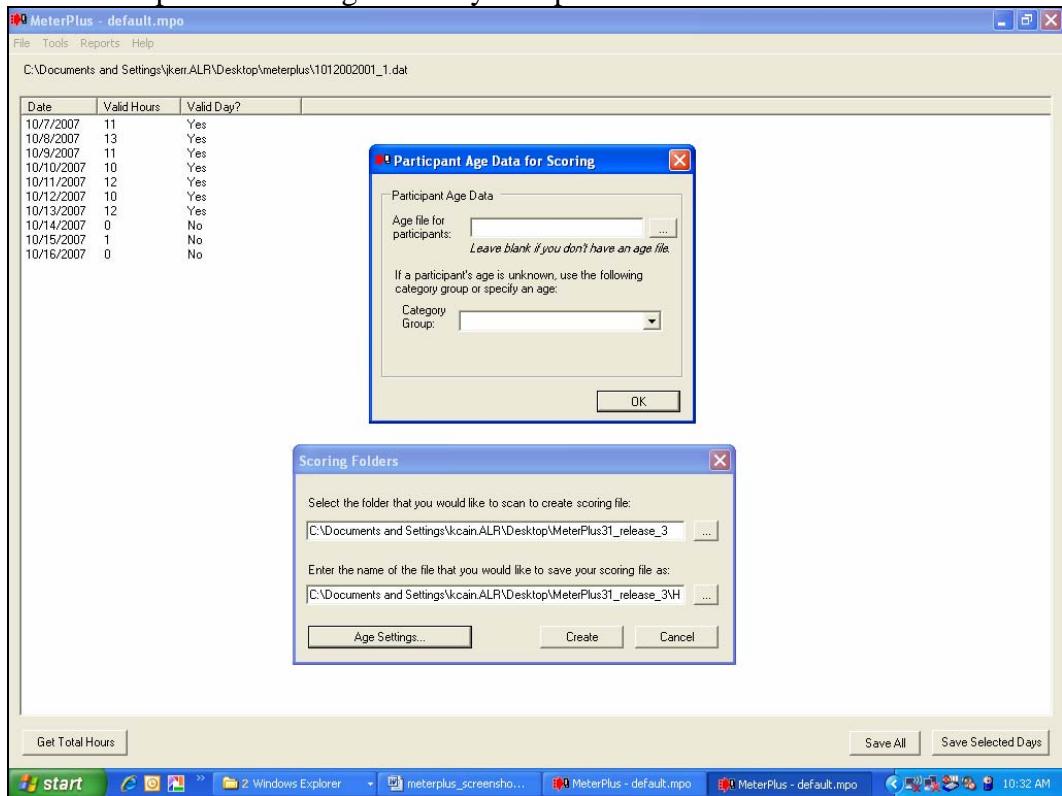
Again, before saving your scored data, you may want to create variables names that make sense to you, e.g. participant ID number, which may contain different information.



Now you are ready to batch process all your .mpd files that you created when you check your participants' wear time. Under Reports you select Scoring...



At this point you can also match your activity cut offs to different aged participants, if you have a files with Participant IDs and ages already set up.



To batch process files you need to have all your .mpd files in one folder and you select that folder for processing.

You set the folder you want to scan for the scoring files and you set the file name you want to save your scored data. You then Create the file. A .sco file is created that can be imported in SPSS. A .sco file is a tab delimited file that can be imported into many other software packages.

