

# CHECK ACTIVITY LEVEL

Clients can check their activity level by turning the Activ8 tracker up and down. The device will show progress towards the set daily target.

*Note: disable the display completely by entering a target of 0 kcal.*



**It's recommended to recharge the battery at least every 3-4 weeks to secure measured activity data!**

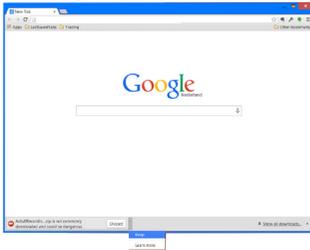


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## 1 DOWNLOAD APPLICATION

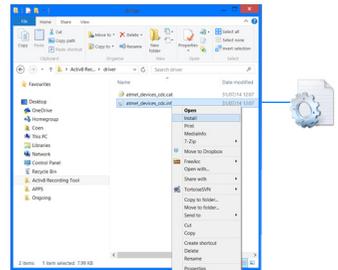
Open the following link in your default browser:



Download, store and unzip Activ8RecordingTool.zip on your desktop. Discard the warning "not commonly downloaded and could be dangerous".

## 2 INSTALL DRIVER

Open the folder "Desktop\Activ8 Recording Tool\driver" and right-click on the file "atmel\_devices\_cdc.inf" and select "Install".



In case you get a security warning, click "OPEN", when you get the question "Do you want the following program to make changes to your computer?", click "YES". You should see a message that the operation was completed successful.

## 3 CONNECT YOUR ACTIV8

Connect the Activ8 tracker to a PC using the USB adaptor. A window will open.



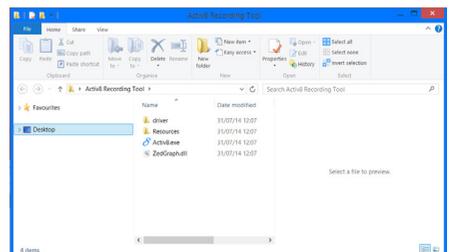
*Note: the first time you connect it may take a minute before the window opens.*

### IMPORTANT

Make sure you are fully charged at all times.  
Charging : red light is on. Fully charged: red light is off.

## 4 START THE RECORDING TOOL

Open the folder "Activ8 Recording Tool" on your desktop and doubleclick "Activ8.exe" to start the Activ8 recording tool application.



## 5 RECORDING TOOL

Open, Save recording,  
Show Graph, Report,  
Start / Stop Recording

**User Settings**  
used for auto BMR  
calculation

**Feedback Settings**  
Device LED's on/off  
Day Target in % / kcal

**Measurement Settings**  
Measurement Interval: 1/5 minute(s)  
Configuration: MET/Sec or Raw/Counts

**Status bar**  
stopped, not connected, measuring

The screenshot shows the 'Activ8' application window. It has a menu bar with 'File', 'View', 'Recording', and 'Help'. Below the menu bar are icons for file operations and recording. The main area is divided into sections: 'User Settings' with fields for Name, Birth, Gender (Male/Female), Height (cm), Weight (Kg), and BMR (kcal); 'Feedback Settings' with a checked 'Show LED's' box and fields for Daily Target (% and kcal); and 'Measurement Settings' with a dropdown for Interval (5 minutes) and Configuration (MET's - seconds). At the bottom, a status bar indicates 'Device connected (stopped)'.

## 6 START A MEASUREMENT

### SETUP

**User Settings**  
Fill in: Client name, birth, gender,  
height & weight.

**Feedback Settings**  
Do you want clients to see the indicator  
on the device?

Optionally a daily target can be entered,  
so the client can see on the device if the  
target has been achieved.

**Measurement Settings**  
Select measurement interval: 5 min  
(default) & configuration:  
MET's - secs (default)

### START MEASUREMENT

Press the Start Recording button to start  
the recording.

**Confirm the Activ8 started measuring!**  
Status bar: Device connected (measuring).  
You can now safely remove the device  
and close the application.

This screenshot is similar to the previous one but shows the application after starting a measurement. The 'Status bar' at the bottom now indicates 'Device connected (measuring)'. The 'Configuration' dropdown in the 'Measurement Settings' section is set to 'MET's - seconds'.

## 7 WEARING THE ACTIV8

Activ8 should be worn in the pocket of you trousers for  
the automatic activity classification to work reliably.

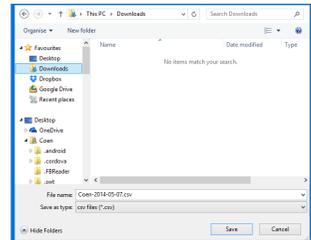


*Note: the device should at all times be flat against the  
upper leg, and positioned from the front of the upper  
leg to about 45 degrees to the side. When using wide  
pockets like pants of suits or for high reproducibility of  
measurements it is recommended to use the optional  
leg strap.*

*Note: when wearing Activ8 properly sensitivity and  
specificity of the activity recognition is over 90% for  
healthy people (publication available on request).*

## 8 STOP A MEASUREMENT

Insert the Activ8 device in same computer that was used  
to start the measurement. Start the Activ8 Recording  
tool as described in step 4. Press the "Stop Recording"  
button. The measurement stops, which is confirmed by  
the status bar "Device connected (stopped)". The  
Activ8 recording tool asks on what location to store the  
measurement.



*Note: during a recording the Activ8 device is not acces-  
sible. A recording can only be stopped on a PC with the*

## 9 MEASUREMENTS DETAILS

The measurement csv file should look like

```
John Doe;05/07/1983 00:00:00;True;190;96;0  
2012-10-12 11:37:52;0;289;0;9;0;0;138;197;480;0;700  
2012-10-12 11:42:24;0;113;6;166;1;11;0;299;166;417;613;700  
2012-10-12 11:47:25;0;134;12;139;8;4;0;292;173;414;586;717  
2012-10-12 11:52:26;0;166;21;108;0;3;0;278;144;436;0;728  
2012-10-12 11:57:24;0;152;0;133;6;6;0;247;197;449;860;700  
2012-10-12 12:02:26;0;300;0;0;0;0;101;0;0;0;0
```

The first line shows the person ID and the biometric  
data.

Each subsequent line contains a summary of the last 5  
minutes. In the following format:

- date (year-MM-DD)
- time (HH:MM:SS)
- Relative time lying, sitting, standing, walking, cycling, running
- Intensity of each category (in order lying, sitting, walking, cycling, running) in M.E.T. or counts.

## 10 RECHARGE THE ACTIV8

And you are ready to start recording again...



*Note: to calculate the absolute time in seconds from the  
relative time add up all 6 relative times (typically between  
270 and 420). This value always corresponds to 300 sec-  
onds. Use this to correct the relative times for the 6 ac-  
tivities*