

# 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.*



charge indicator

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



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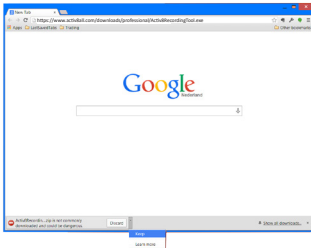
version 2.4



## 1 DOWNLOAD APPLICATION

Open the following link in your default browser:

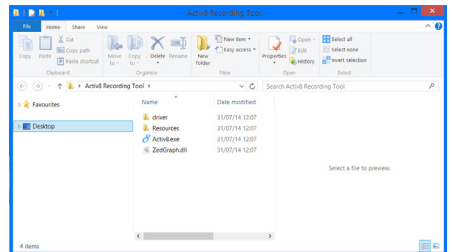
<https://www.activ8all.com/downloads/professional/Activ8RecordingTool.exe>



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

## 2 START THE RECORDING TOOL

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



### IMPORTANT

*Ensure the Activ8 device is not connected to your PC!*

## 3 CONNECT YOUR ACTIV8

Connect the Activ8 tracker to a PC using the USB adaptor.



*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 RECORDING TOOL

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

### User Settings

used for auto BMR calculation

### Feedback Settings

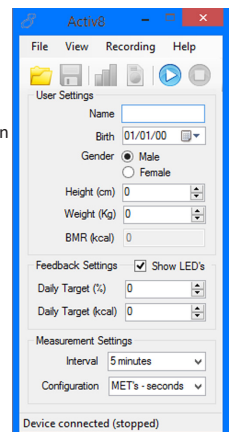
Device LED's on/off  
Day Target in % / kcal

### Measurement Settings

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

### Status bar

stopped, not connected, measuring



## 5 SETUP A MEASUREMENT

### Enter User Settings

Client name, date of birth, gender, height & weight.

### Enter Feedback Settings

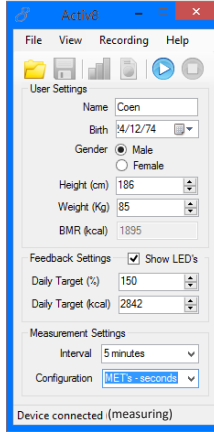
Show LED's: show the progress indicator on the device?

Optional: set daily target.

### Measurement Settings

Defaults: Interval: 5min,  
Configuration: MET's - seconds

**Note:** for advanced use there is the option under Recording to store raw XYZ values at 12.5Hz

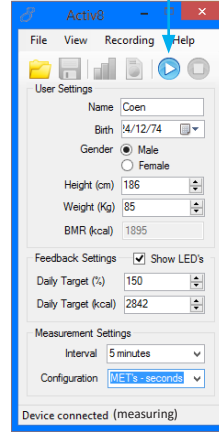


## 6 START A MEASUREMENT

Press the Start Recording button to start the measurement. Confirm in the status bar that the measurement started (measuring)

You can now safely remove the device & close the application.

**Note:** when its not possible to start the measurement (start button greyed out) drivers are most likely not correctly installed, please check the driver folder for problem solving.



## 7 WEARING THE ACTIV8

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

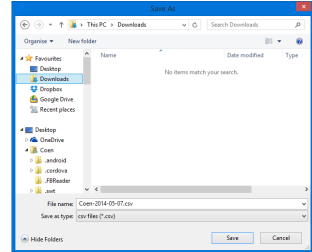


**Note:** the device should at all times be flat against the upper leg, and positioned from the front of the upper leg to about 45 degrees to the side. When using wide pockets like pants of suits or for high reproducibility of measurements it is recommended to use the optional leg strap.

**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 istops, 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 accessible. A recording can only be stopped on a PC with the driver & Activ8 Recording Tool installed as described in step 1-4.

## 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 (typical between 270 and 420). This value always corresponds to 300 seconds. Use this to correct the relative times for the 6 activities