PHYSICAL ACTIVITY MONITORING

ActiLife Software

The ActiLife desktop analysis software program is compatible with the ActiGraph GT1M, GT3X and the Researcher version of the ActiTrainer. ActiLife allows the user to initialize the ActiGraph in a number of different operating modes and select epochs ranging from 30 times per second (raw mode) to 4 minutes.

The collected data is stored in ASCII format for simple access and compatibility with other analysis programs (e.g. SPSS & SAS). ActiLife contains several basic macros which use the ASCII data to generate a summary file, a caloric file, and a data table.

ActiLife Features

User-friendly USB interface
Programmable start and stop times
Adjustable epoch length
Summary file with daily graphs
Hourly and daily totals
Kcals and minutes spent in activity levels
Daily, peak and average counts
Adjustable activity level cut-points
Crouter 2-regression model
Multi-axis data analysis option
Sleep scoring using Sadeh algorithm

Available Macros

ActiGraph LLC has developed a number of useful macros which can help with small amounts of data processing and are available upon request.

Minute by Minute kcals

This macro allows the user to view caloric energy expenditure on a minute-by-minute resolution.

Kcals from Heart Rate

This macro calculates caloric energy expenditure based on changes in heart rate (only available with the ActiTrainer product).

Marshall Macro

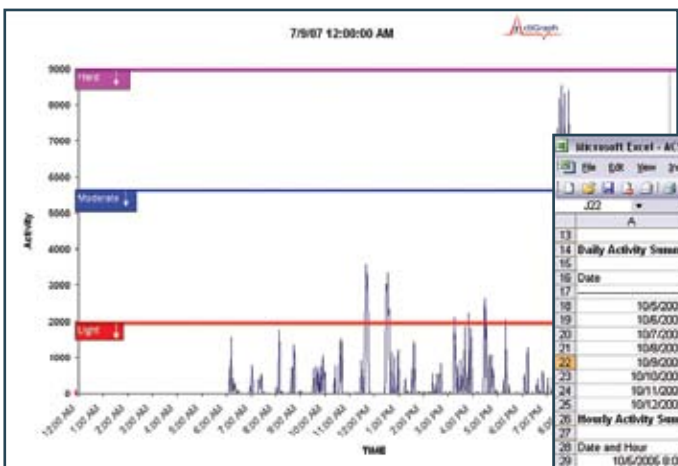This macro looks for bouts of activity and the number and duration of bouts at different activity levels.

Raw-Macro2

This macro handles graphing and manipulation of excessively large raw data files in Excel© to be used for research analysis.

ASCII Formatted Data File

Data Graphed and Charted in Excel