

ActiGraph Clinical Report

Name: PD149-PA

Data Start: 8/29/2019 9:00:00 AM

Data End: 9/1/2019 11:59:00 PM

Weight: 174 lbs

Device Serial: TAS1H11190093

Wear Time Information

Wear Time Validation Algorithm: Troiano

Wear %: 100

Total Wear Time: 87hours 0min

Avg Wear Time Per Day: 21hours 45min 0sec

Non-Wear %: 0

Total Non-Wear Time: 0hours 0min

Avg Non-Wear Time Per Day: 0hours 0min 0sec

Date	Wear Time (minutes)	Non-Wear Time (minutes)	Wear %	Non-Wear %
8/29/2019	900	0	100	0
8/30/2019	1440	0	100	0
8/31/2019	1440	0	100	0
9/1/2019	1440	0	100	0

Energy Expenditure

Energy Expenditure Algorithm: Freedson Combination (1998)

Total Activity kcals: 11802.804
Total Steps: 88057
Average kcals per day: 2950.701
Average Hourly kcals: 135.664

Axis 1 Counts: 8883584
Axis 2 Counts: 7561006
Axis 3 Counts: 10183384
Vector Magnitude: 15485096

Date	Activity kcals	Average Hourly kcals	Axis 1 Counts	Axis 2 Counts	Axis 3 Counts	Vector Magnitude	Steps
8/29/2019	1568.868	104.591	1159926	915988	1401375	2036741	13350
8/30/2019	3507.372	146.141	2546122	2434062	3218881	4771644	25303
8/31/2019	2721.380	113.391	1932573	1438153	2094988	3192506	18779
9/1/2019	4005.184	166.883	3244963	2772803	3468140	5499656	30625

MET Rate

MET Rate Algorithm: Freedson Adult (1998)

Total MET Rate: 2.068
Total Steps: 88057
Axis 3 Counts: 10183384

Axis 1 Counts: 8883584
Axis 2 Counts: 7561006
Vector Magnitude: 15485096

Date	METs	Axis 1 Counts	Axis 2 Counts	Axis 3 Counts	Vector Magnitude	Steps
8/29/2019	1.733	1159926	915988	1401375	2036741	13350
8/30/2019	2.191	2546122	2434062	3218881	4771644	25303
8/31/2019	1.880	1932573	1438153	2094988	3192506	18779
9/1/2019	2.343	3244963	2772803	3468140	5499656	30625

Cut Points

Cut Point Set: Freedson Adult (1998)

Total Sedentary: 1428 min (27.36%)

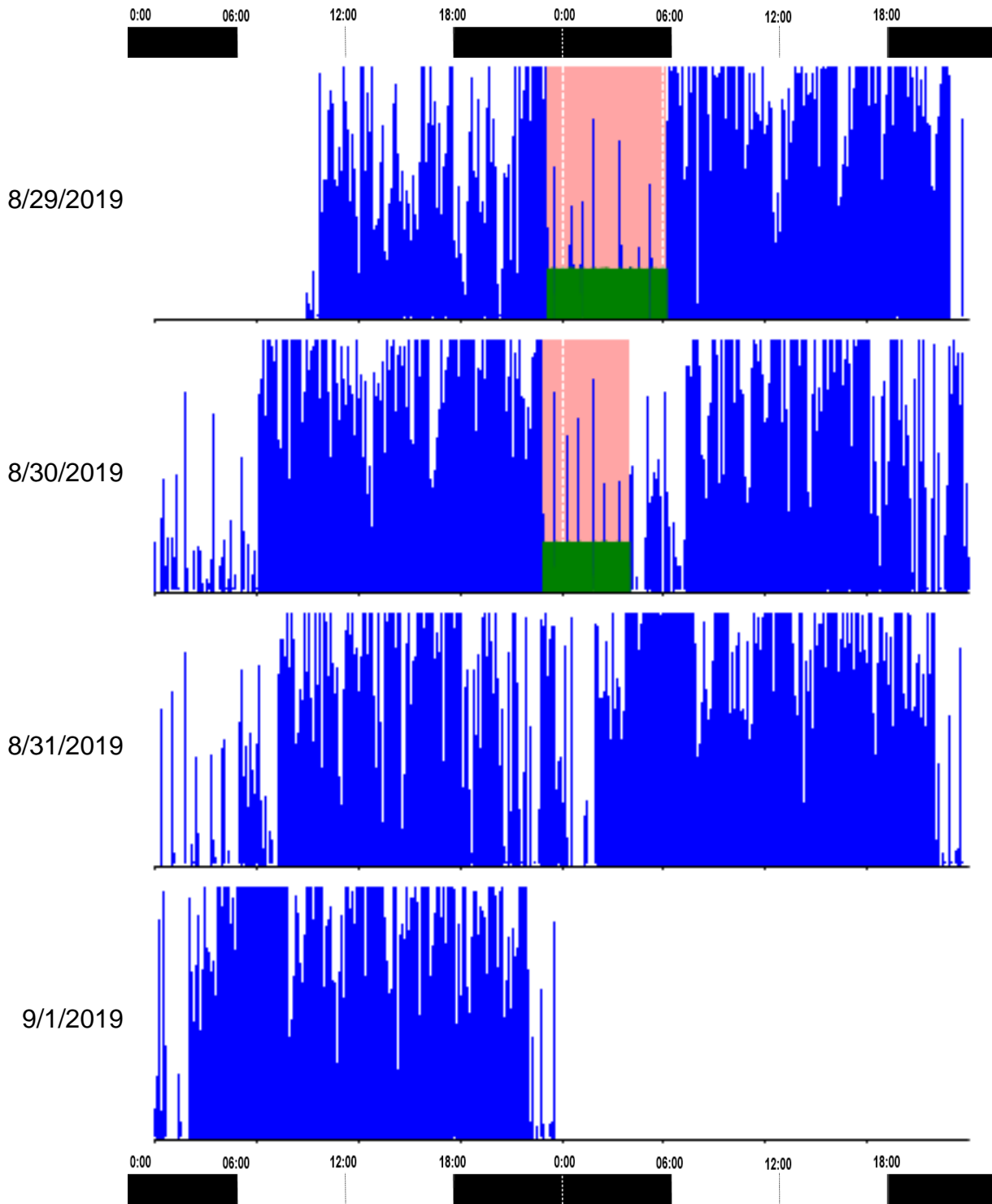
Total Moderate: 1355 min (25.96%)

Total Light: 2437 min (46.69%)

Total Vigorous: 0 min (0.00%)

Date	Sedentary	Light	Moderate	Vigorous	Very Vigorous
8/29/2019	230 min (25.56%)	527 min (58.56%)	143 min (15.89%)	0 min (0.00%)	0 min (0.00%)
8/30/2019	421 min (29.24%)	591 min (41.04%)	428 min (29.72%)	0 min (0.00%)	0 min (0.00%)
8/31/2019	542 min (37.64%)	594 min (41.25%)	304 min (21.11%)	0 min (0.00%)	0 min (0.00%)
9/1/2019	235 min (16.32%)	725 min (50.35%)	480 min (33.33%)	0 min (0.00%)	0 min (0.00%)

Sleep Graphs



Sleep Period Breakdown

Sleep Algorithm: Cole-Kripke

In Bed	Out Bed	Latency (min)	Efficiency	Total Time in Bed (min)	Total Sleep Time (TST) (min)	Wake After Sleep Onset (WASO)	# of Awakenings	Avg Awakening (min)
8/29/2019 11:12 PM	8/30/2019 6:10 AM	0	81.1%	418	339	79	26	3.04
8/30/2019 10:56 PM	8/31/2019 3:59 AM	0	84.82%	303	257	46	7	6.57
11:04 PM	5:04 AM	0	82.96%	360.5	298	62.5	16.5	3.79

Interpretation