

SenseWear Professional - Explanation of Channels in Export  
Mini Armband

<b>Time (GMT-04:00)</b>	Time in reference to Greenwich Mean Time
<b>Transverse accel - peaks</b>	3-axis accelerometer: Transverse, Forward, and Longitudinal. Peaks are the number of turning points or the amount of jitter in the accelerometer
<b>Forward accel - peaks</b>	
<b>Longitudinal accel - peaks</b>	
<b>Skin temp - average</b>	Average values for sensor.
<b>GSR - average</b>	
<b>Transverse accel - average</b>	
<b>Longitudinal accel - average</b>	
<b>Near-body temp - average</b>	
<b>Transverse accel - MAD</b>	Mean Absolute Difference or total acceleration
<b>Longitudinal accel - MAD</b>	
<b>Step Counter</b>	Number of steps taken in that minute
<b>Forward accel - average</b>	Average values for sensor.
<b>Forward accel - MAD</b>	Mean Absolute Difference or total acceleration
<b>Lying down</b>	0 = negative, 1 = positive
<b>Sleep</b>	0 = negative, 1 = positive
<b>Physical Activity</b>	0 = negative, 1 = positive if they were physically active in that minute
<b>Energy expenditure</b>	kcal/min
<b>Sedentary</b>	0 = negative, 1 = positive (Sedentary < 3.0 METS)
<b>Moderate</b>	0 = negative, 1 = positive (Moderate 3.1 - 6.0 METS)
<b>Vigorous</b>	0 = negative, 1 = positive (6.1 - 9.0 METS)
<b>Very Vigorous</b>	0 = negative, 1 = positive ( > 9.1 METS)
<b>METs</b>	Metabolic Equivalent Tasks (1.0 MET ~ rest)
<b>Timestamps</b>	0 = negative, 1 = positive if timestamp was pressed during that minute
<b>Annotations</b>	Any information that was entered into software to annotate length or type of activity