PHYSICAL ACTIVITY AND ENERGY EXPENDITURE
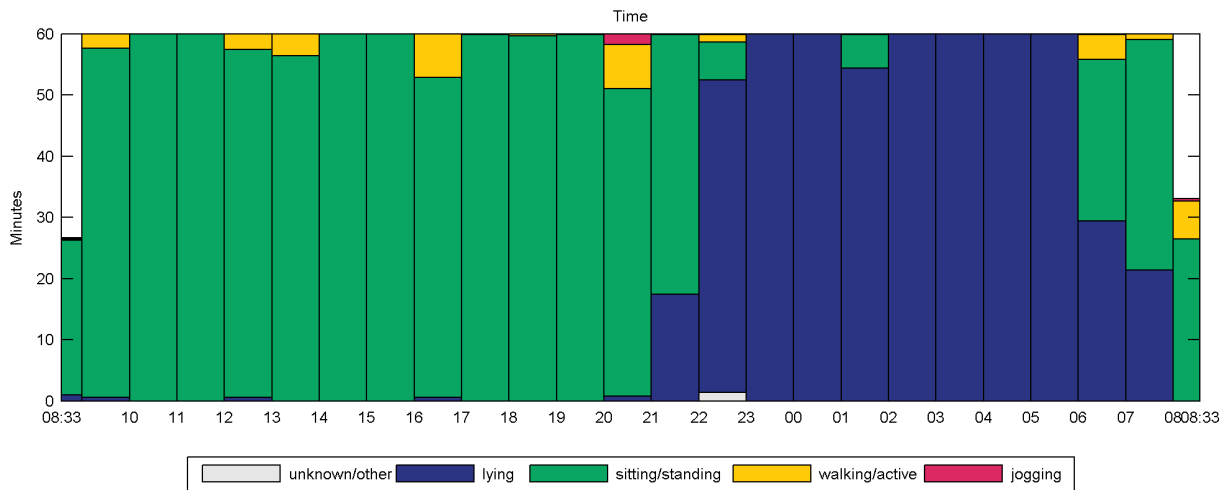
Personal data and measurement information

Measurement ID:	Move2_24h
Start of measurement:	17/12/2012, 8:33 AM
Duration of measurement:	1d, 0h, 0min
Name and personal ID:	Demo
Age:	45
Size:	1.73m
Weight:	64.0kg
Sex:	female
Body-Mass-Index (BMI):	21.4kg/m²

Activity classes

	unknown/other		lying		sitting/standing		walking/active		jogging
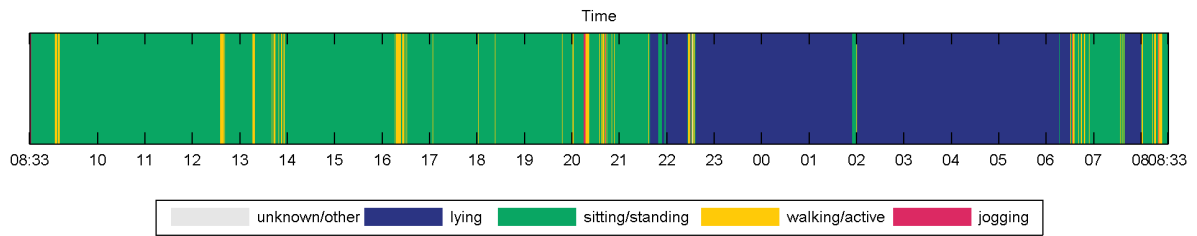
Activity classes per hour

	unknown/other		lying		sitting/standing		walking/active		jogging

Activity classes, duration and percentage on worn time

- 0.10%: unknown/other
- 37.32%: lying
- 59.84%: sitting/standing
- 2.56%: walking/active
- 0.19%: jogging
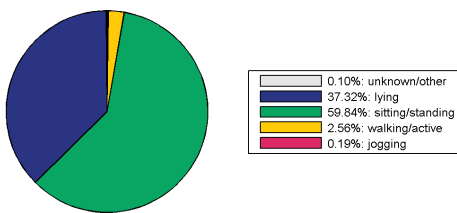
Activity class	Duration	Percent
unknown/other	0h 1min	0.10
lying	8h 57min	37.32
sitting/standing	14h 21min	59.84
walking/active	0h 37min	2.56
jogging	0h 3min	0.19
worn	23h 60min	
not worn	0h 0min	

Body positions

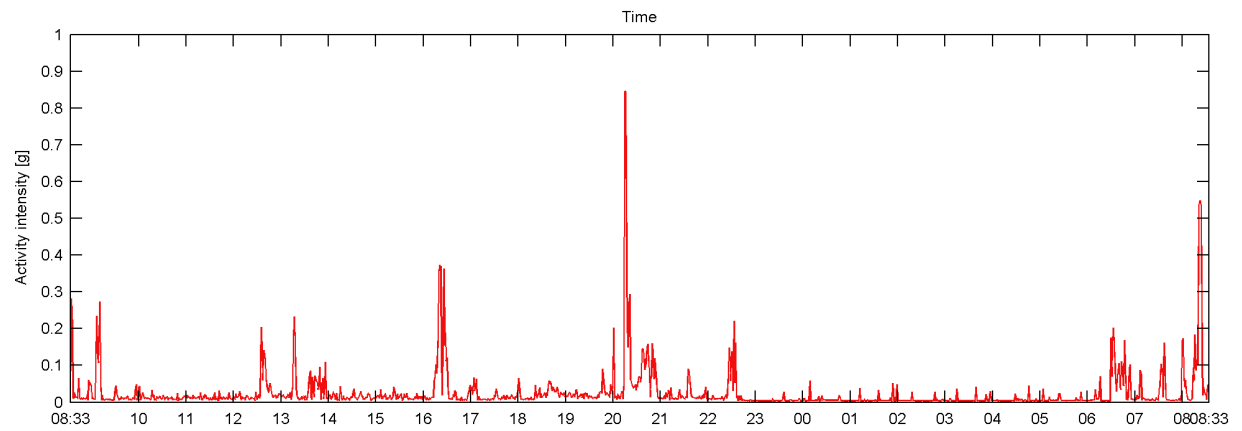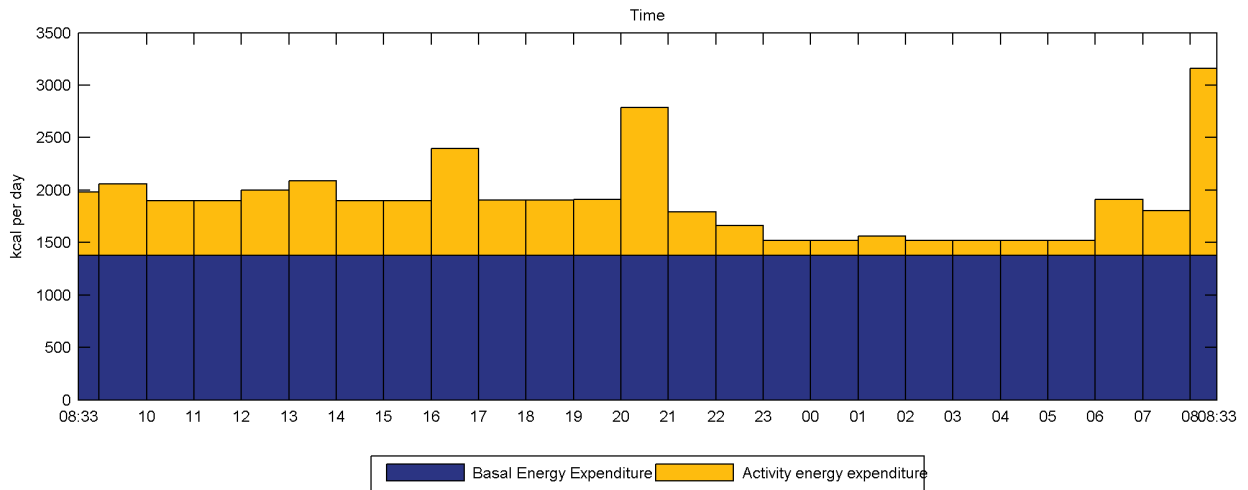|	unknown		lying supine		lying left		lying prone		lying right		upright
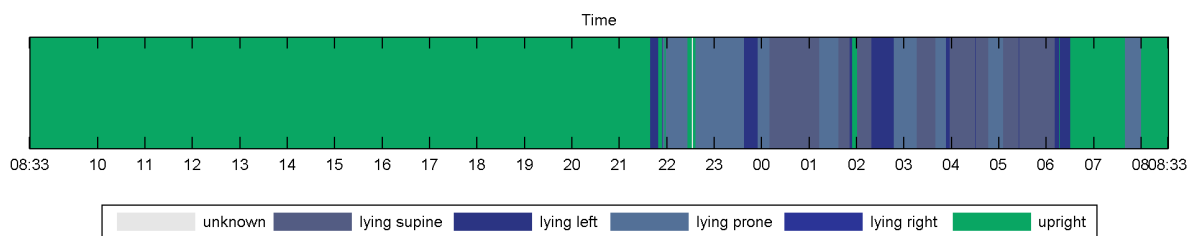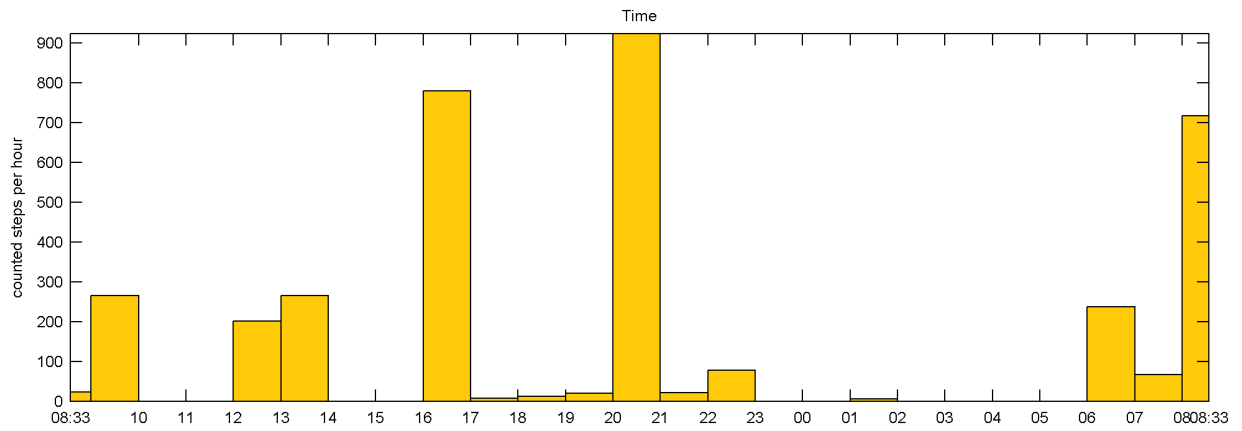
Steps, per hour

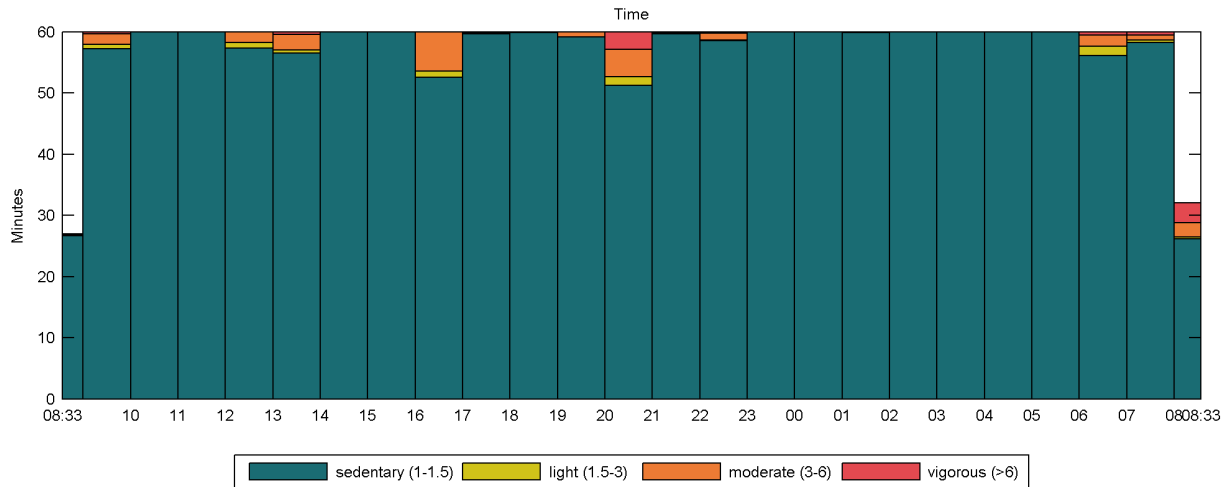Total step count: 3622

Activity intensity

Energy Expenditure

MET levels per hour

MET levels, duration and percentage on worn time

sedentary (1-1.5): 97.19%
light (1.5-3): 0.49%
moderate (3-6): 1.72%
vigorous (>6): 0.59%