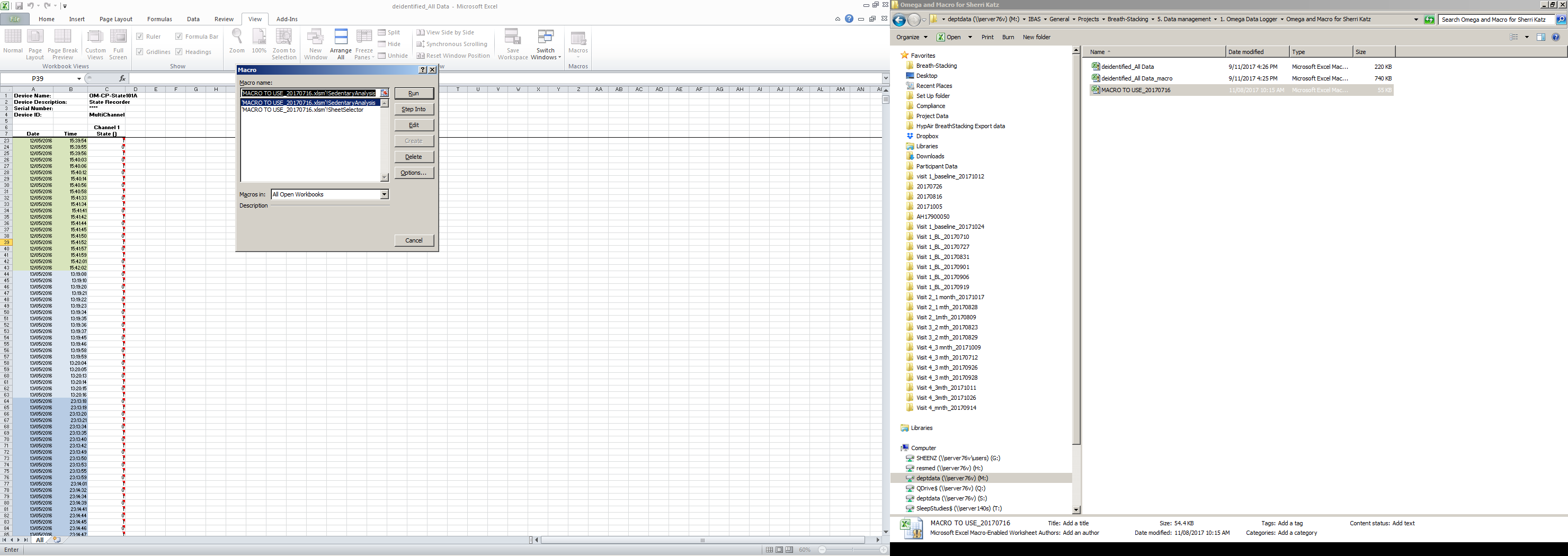
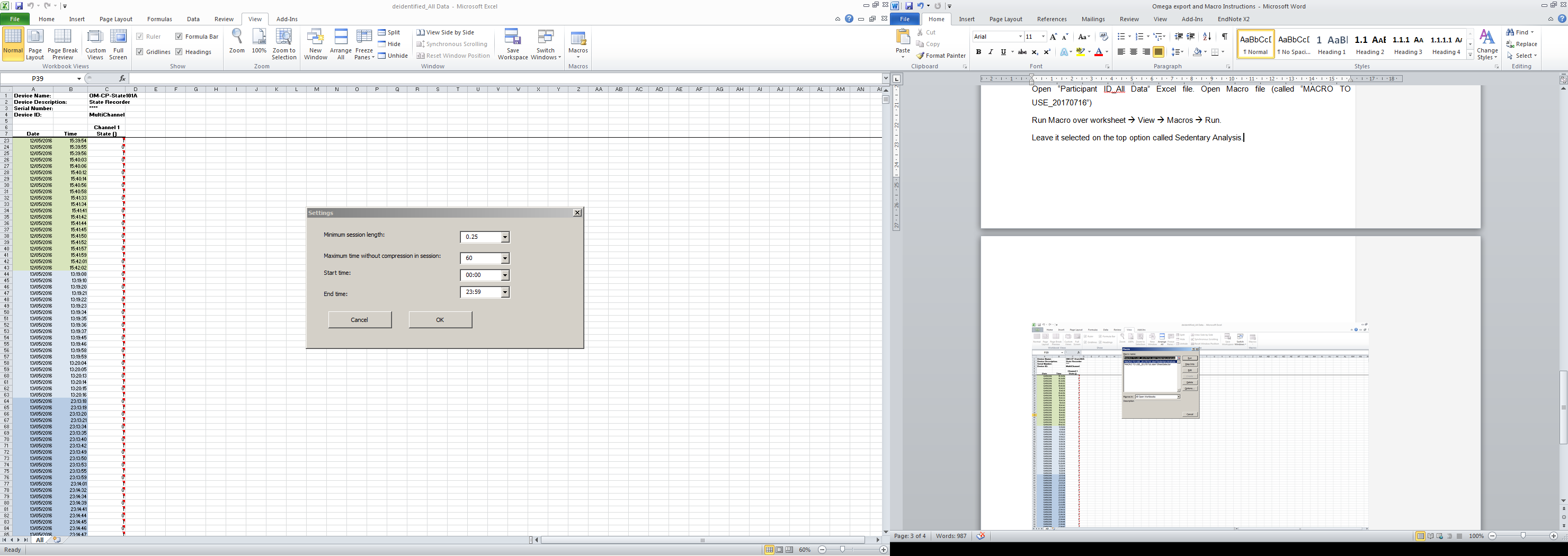
# Excel Macro for LVR Counter Data (Omega Data Logger): Instructions for Use

1. Open Omega software
   1. Load Omega raw file (data logger report file in .mtff format)
   2. Export to Excel, save as Excel file (.xlsx) e.g. “Omega output\_Participant ID”.
2. Open “Omega output\_Participant ID” Excel file.
3. Open Macro file (called “MACRO TO USE\_20170716”)
   1. Run Macro over worksheet 🡪 View 🡪 Macros 🡪 Run
      1. Leave it selected on the top option called Sedentary Analysis (see screen shot)



* + 1. Setting Options: Select as per the Table and Screen Shot below



|  |  |  |
| --- | --- | --- |
| **Macro label** | **Macro setting** | **Function** |
| Minimum session length (minute) | 0.25 | Minimum time required to be counted as a “session” |
| Maximum time without compression in session (minutes) | 60 | Time period separating sessions |
| Start time | 00:00:00 hours | Commence “day” period |
| End time | 23:59:59 hours | End “day” period |

* + 1. Select OK, and the macro generates the summary data outputs in two tabs

1. Now review the “SessionsByDay\_Stacking” tab. Data is now summarised
   1. Days when LVR was not performed will not be included, so you need to go through and add rows for these null dates. Easiest way to do this is to insert a new column with the full date range and see where it doesn’t match up with the dates returned.
   2. Save file as “Omega output\_Participant ID\_Macro”