

# USER MANUAL

BIOEN 461  
FINAL PROJECT  
SPRING 2020

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## VIEWING YOUR DATA

### Understanding your data

Our app will record your motion while you use your device, and saves that motion data every fifteen seconds.

The data points you see are the **average amplitude of tremor** that you experience for that time window. All your data is filtered for tremor occurring in the 8-12 Hz range, so this is a good characteristic for how intense your tremor is.

### Toggling between view modes

You can view your data at hourly, daily, weekly, or monthly scales to look for trends. To do this, select either **day** or **week** at the bottom of the screen.

### What to do if you have a concern about what you see

If at any time you experience a medical emergency, call 911. If you have questions or concerns about your data please contact your care provider.

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