**Quick Start Guide to Locomotion Data Extraction (LoDE)**

1. **Download the file from github**
   1. <https://github.com/Dr-Kohl/-Locomotion-Data-Extraction-LoDE->
2. Open the Excel worksheet:
   1. Analysis of Tracktor output excel program v3 d7 analyzed with ones removed.xlsm
   2. Be sure to enable macros and content
   3. Click on the the “Master Summary” Tab in the lower left hand corner  
        
      
3. Scroll to the top where you see the “Open CVS File” button  
     
   Graphical user interface, application, table, Excel

   Description automatically generated
4. Locate the CSV File that resulted from Video processing of the cricket movement and the program should produce a new set of summary results.