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| **Column** | **Description** |
| Subject | Subject ID |
| HR | Raw HR estimate (unaltered - no smoothing and no interpolation) |
| Timestamp | The time when the estimate was reported by Fitbit |
| EMA\_period\_type | (1-occurred within the 10 min window around the time indicated as the most stressful event during the EMA period that had at least one stressful event; 2-occurred outside of the 10-min window around the time indicated as the most stressful event during the EMA period that had at least one stressful event; 3-occured during an EMA period that had no stressful events) |
| EMA\_num\_events | Number of stressful events during the EMA period |
| EMA\_VAS | The magnitude of stress of the most stressful event |
| EMA\_stress\_type | 1-exam; 2-other work/school; 3-interpersonal; 4-financial; 5-health; 6-trauma; 7-other |
| Exam | Boolean - did this sample occur in the first 30 mins of an exam? |
| Exam\_stress | 1-100 how stressful will this exam be |
| Math\_task | Boolean - did this sample occur anytime during the math task? |
| VF\_task | Boolean - did this sample occur within the 3 minutes after the start of the VF task? |
| Technical\_issue | Whether or not sample was in an EMA “blackout” |
| Steps | Steps in the current minute, unscaled |
| Elevation | Elevation change in the current minute, unscaled |