Formatting of the output data.

Look@Rates exports calculated rates as a new sheet (called *rates*) in the input spreadsheet (xlsx format). The output values are organized in columns, with rows corresponding to individual cells. Table below describes the output data. The description assumes carbon to be the element assimilated by the cell. For other elements, replace C with that element (e.g., N). Approaches, equations, and supplementary method sections referred to in the table are described in Polerecky et al. (2021).

Column	Description
k, dk	Best estimate (k) and uncertainty (Δk) of the carbon-specific C assimilation rate.
r_A, dr_A, CV_A	Best estimate (r), uncertainty (Δr), and relative error (coefficient of variation, $\Delta r/r$) of the cell-specific C assimilation rate, calculated by Approach A (Eq. **21**).
r_B, dr_B, CV_B	Best estimate (r), uncertainty (Δr), and relative error (coefficient of variation, $\Delta r/r$) of the cell-specific C assimilation rate, calculated by Approach B (Eq. **22**).
r_C, dr_C, CV_C	Best estimate (r), uncertainty (Δr), and relative error (coefficient of variation, $\Delta r/r$) of the cell-specific C assimilation rate, calculated by Approach C (Eq. **23**).
r_nondiv, dr_nondiv, CV_nondiv	Best estimate (r), uncertainty (Δr), and relative error (coefficient of variation, $\Delta r/r$) of the cell-specific C assimilation rate, calculated by Eq. **24**, which does not account for cell division.
Ndiv0	Number of divisions of the measured cell during incubation. Predicted assuming zero-order kinetics of C assimilation.
Ndiv1	Number of divisions of the measured cell during incubation. Predicted assuming first-order kinetics of C assimilation.
ratio	Ratio between the cell-specific C assimilation rate estimated by Approach C and by Eq. **24**.
Ea/Ei	Amount of C assimilated by the cell during the incubation relative to the initial C content of the cell.
Ea/Ef	Amount of C assimilated by the cell during the incubation relative to the final C content of the cell.