FIT FILE TYPES

Description

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Revision History

Revision	Effective Date	Description
1.0	May 2010	Initial release

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1 Overview of the FIT File Protocol

Different applications of FIT files lead to a natural grouping of message based on purpose. This document describes FIT File Types, which consist of common message groupings and methods for best practice.

Table 1-1. Common FIT File Types

FIT File Type	Purpose
Settings	Describes a user's parameters such as Age & Weight as well as device settings
Blood Pressure	Records blood pressure data
Weight	Records weight scale data
Activity	Records data and events from active sessions
Workout	Describes a structured activity that can be designed on a computer and transferred to a display device to guide a user through the activity

2 Related Documents

The following supplementary documentation and files are provided in the SDK:

- Flexible & Interoperable Data Transfer (FIT) Protocol document
- FIT Global Messages and Fields (Profile .xls)
- FIT code generator
- FIT to CSV Conversion Tool
- Reference code examples
- Example FIT files

Many FIT applications will involve the ANT-FS protocol to facilitate the wireless transfer of FIT files. For further information regarding ANT-FS and related details for transferring FIT files specifically, refer to the following documents:

- ANT File Share (ANT-FS) Technology
- ANT-FS Reference Design and User Manual

3 Settings File

The settings file contains data records that provide user and device information. The most common application for a settings file is the user profile, but it can also contain information about sensors that the device is paired with, as well as user interface preferences.

3.1 FIT Messages

A FIT settings file includes the following FIT messages:

device_settings

The device settings message currently contains only the UTC offset, allowing for appropriate time coordination between devices.

user_profile

The user profile message provides information about the user such that workout parameters can be properly set, and to allow for measurements dependent on user data (e.g. weight). Although most devices are single user, some devices such as weight scales and blood pressure monitors may support multiple users.

hrm_profile

the hrm_profile message is used in devices that interact with fitness equipment. It contains the device identification of the user's heart rate monitor that may already be paired with a device such as a watch. In this example, when the watch pairs with fitness equipment, a settings file containing the hrm_profile message is transferred to the fitness equipment allowing the fitness equipment to search for the user's specific heart rate monitor.

4 Blood Pressure File

A blood pressure file contains time-stamped discrete measurement data. Data is reported after measurement, rather than a continuous real time format of data that is recorded in other files types such as activity files. The file is organized such that all definition messages are declared first, prior to recording any data messages. No definition messages should appear after data messages have been recorded. To link multiple data messages, they must have identical timestamps. Pairs of blood pressure and device information data messages are linked through common timestamps.

4.1 FIT Messages

The BP file requires the file_id, and blood_pressure FIT messages (Figure 4-1). Other FIT messages, such as user_profile and device_info, may be included if desired.

The file_id definition and data messages should be recorded first, using the local message type 0. Local message type 0 should then be redefined for the FIT user_profile message (if used). The associated user_profile data messages should immediately follow the user_profile definition message. Once all relevant users have been recorded, local message type 0 should be redefined for blood_pressure messages. Using a single local message type to record the file_id, user_profile, and blood_pressure messages will ensure simple processors can handle all BP related data.

Once blood_pressure has been defined, any other desired FIT messages that will be recorded in the remainder of the file should also be defined in this section. The BP and other data messages shall fill the remainder of the file (Figure 4-1).

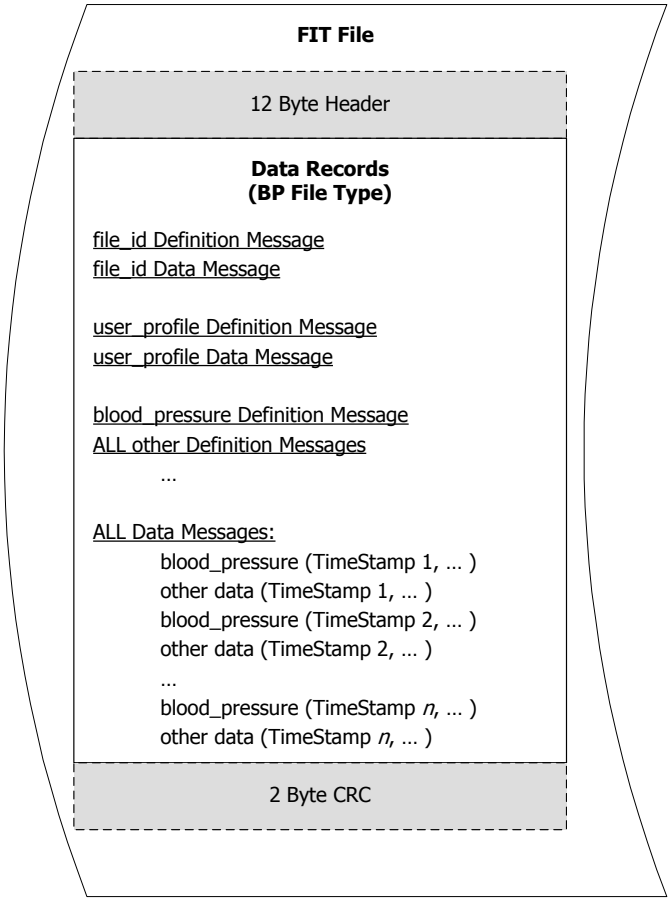

Figure 4-1. Blood Pressure File

The BP file must contain the FIT file_id, and blood_pressure messages as described in Table 4-1. It may also, optionally contain the user_profile and device_info message.

Table 4-1. FIT Messages Contained in BP File

FIT Message	FIT Fields	Required	Type	Value/Units
file_id (files from device)	type	Y	file (enum)	BP file
	manufacturer	Y	Manufacturer (UINT16)	ANT+ managed. Please contact
	product	Y	UINT16	Managed by manufacturer
	serial_number	Y	UINT32z	Managed by manufacturer
file_id (files to device)	type	Y	file (enum)	BP File
user_profile	message_index	N	UINT16	Provides an index such that other FIT messages can be related to this user
	local_id	N	UINT16	BP monitor's local user ID
	friendly_name	N	String	
	gender	N	Gender (enum)	Male/female
	age	N	UINT8	Years
	height	N	UINT8	1/100 m
	weight	N	UINT16	1/10 kg
	resting_heart_rate	N	UINT8	bpm
blood_pressure	timestamp	Y	Date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
	user_profile_index	N	UINT16	Provides a link to the user_profile message. e.g. user_profile_index = 1 relates to the user_profile message with message_index = 1
	systolic_pressure	Y	mmHg (UINT16)	
	diastolic_pressure	Y	mmHg (UINT16)	
	mean_arterial_pressure	N	mmHg (UINT16)	
	heart_rate	Y	bpm (UINT8)	
	map_3_sample_mean	N	mmHg (UINT16)	
	map_morning_values	N	mmHg (UINT16)	
	map_evening_values	N	mmHg (UINT16)	
	heart_rate_type	N	hr_type (enum)	normal, irregular
device_info	timestamp	Y*	Date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
	device_index	N	device_index (UINT8)	
	device_type	N	device_type (UINT8)	18 (0x12) for ANT+ BP monitor
	manufacturer	N	manufacturer (UINT16)	managed by ANT+ msb (i.e. bit 15) must be set to 1

	serial_number	N	UINT32z	Managed by manufacturer
	product	N	UINT16	Managed by manufacturer
	software_version	N	UINT16	Managed by manufacturer
	hardware_version	N	UINT8	Managed by manufacturer
	cum_operating_time	N	UINT32	s
	battery_voltage	N	UINT16	1/256 V
	battery_status	N	battery_status (enum)	new/good/ok/low/critical

* Field is only required if the optional FIT message is recorded

As indicated in the "Required" column, not all of the listed fields shall be included in the BP file. At a minimum, the following is required:

- file_id message must be included to indicate the file type
- blood_pressure message containing systolic pressure, diastolic pressure and pulse (i.e. heart_rate)
- If the optional user_profile message is included, the file shall contain a user_profile message with a matching message_index defined for each user_profile_index used. If this message is not recorded, it is implied that user ID's are not supported on any level
- *If the optional device_info message is included, then it must contain the timestamp field in order to link each device_info message to its respective blood_pressure message

4.2 BP File Examples

Figure 4-2 shows an example FIT BP file. Note that the file contains the FIT 12 Byte header, definition and data messages for file_id, followed by the definition and data messages for user_profile, followed by the definition and data messages for blood_pressure and device_info.

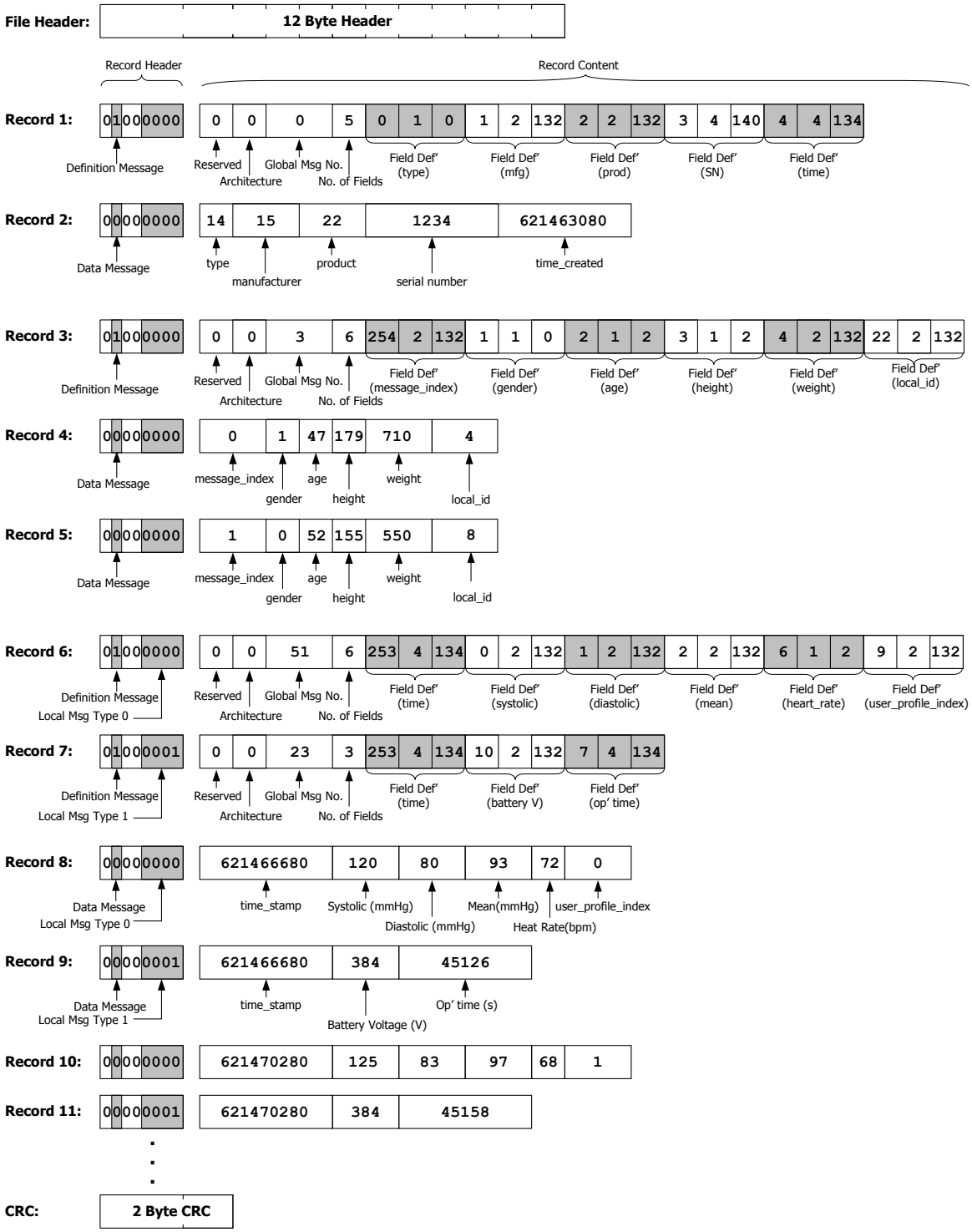

Figure 4-2. Multi-user BP File Example

The file_id, user_profile and blood_pressure messages shall all use local message type 0 in order to minimize the RAM requirements for handling BP specific data on limited processors. Any other data messages, such as device_info, shall use a different local message type.

Note all user ID's must be defined prior to defining and recording measured data. **The association of user information to message_index or user_profile_index may not change value within a file.**

In this multi-user case, the file contains data from two users. One is a 47 year old male stored locally under user ID 4, and another is a 52 year old woman stored under local user ID 8. All of their data is recorded under their local user ID on the device, which is linked to their profile data. When the FIT file is written, the user_profile and blood_pressure data is linked through the message_index and user_profile_index fields respectively.

Note: local_id and message_index fields do not need to match; however, message_index and user_profile_index must match. The message_index field shall only be numbered sequentially from 0, in increments of 1. The number of local IDs a device has is dependent on the BP monitor's capabilities.

For a single user BP file, the user_profile_index does not need to be included in the blood_pressure message. Instead, the local_id can be defined once, using the user_profile message (with or without the message_index field), and all subsequent blood_pressure data records will be associated to that user. For example, in Figure 4-3, all data is associated to local_id "3". If the blood_pressure message is defined without the user_profile_index field, it is assumed that all data records that follow are associated to user_profile_index 0. Similarly, if the message_index field is not recorded and only one user_profile message exists, all blood_pressure data will be associated to that single user profile.

For simple BP monitors that do not support user ID's, the user_profile message is not required (Figure 4-4).

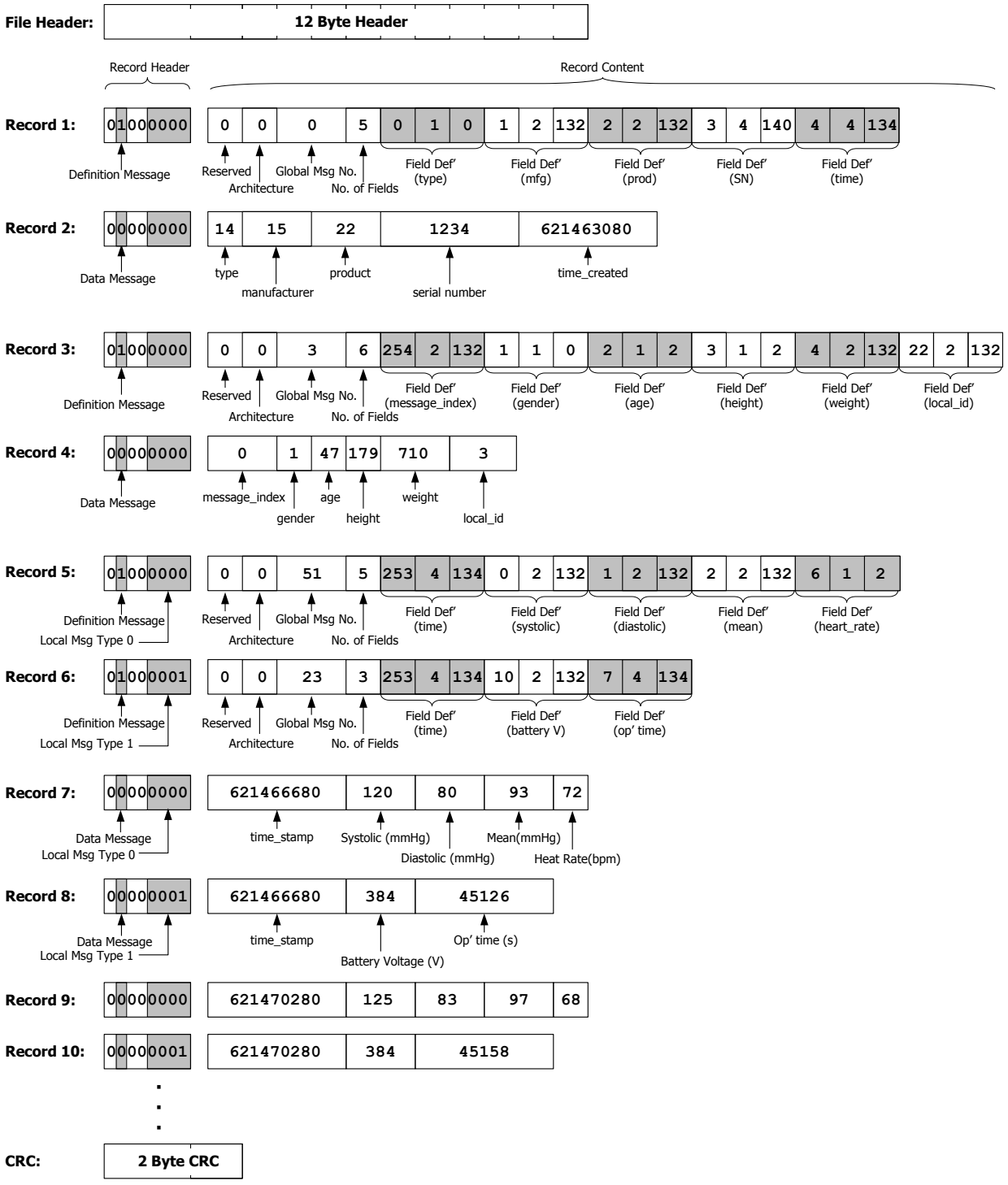

Figure 4-3. Single User BP System

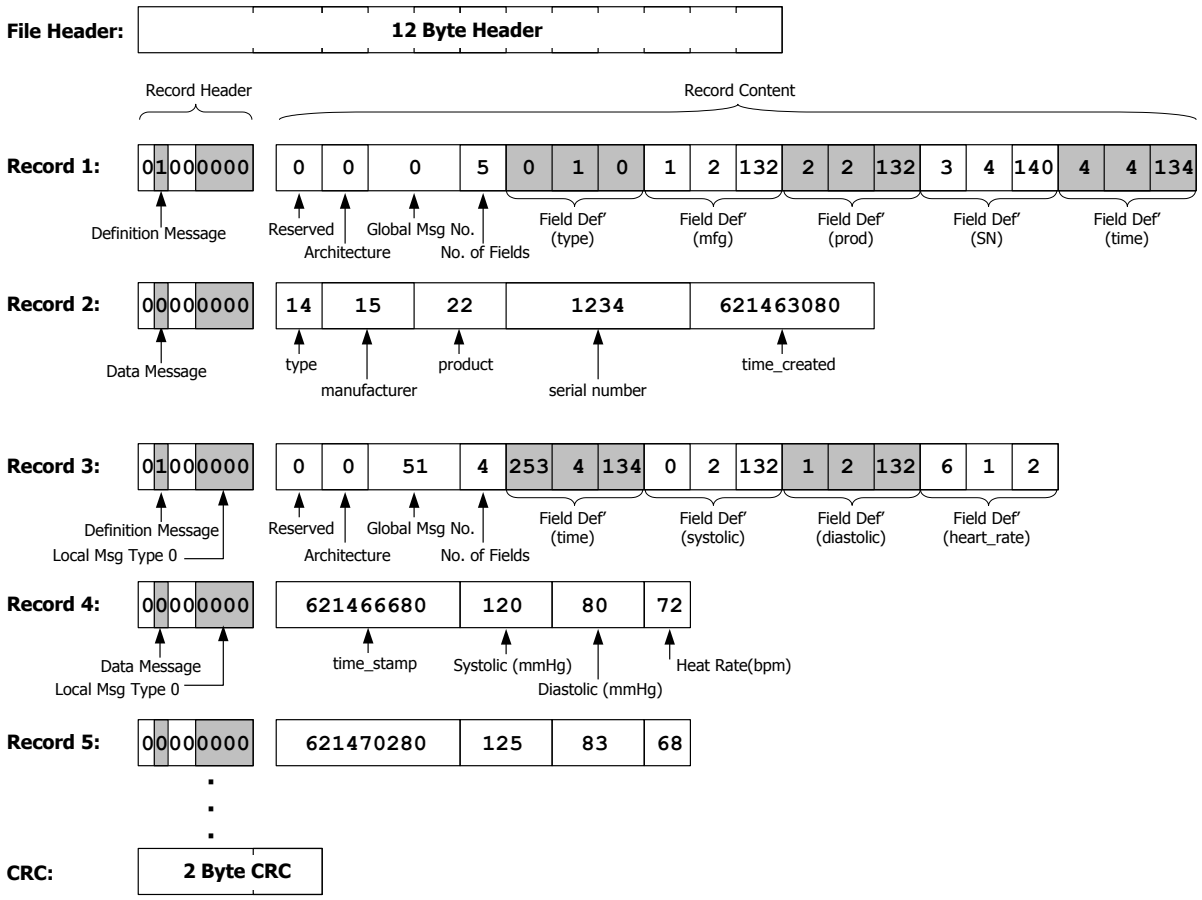

Figure 4-4. BP System without User Profile Support

5 Weight File

A weight file is similar in structure to the BP File type. A weight file contains time-stamped discrete measurement data that is reported after measurement. The file is organized such that all definition messages are declared first, prior to recording any data messages. No definition messages should appear after weight data messages have been recorded. To link multiple data messages in a weight file, they must have identical timestamps.

A weight file must contain the FIT file_id, user_profile (if user profiles supported) and weight_scale messages as described in Table 5-1. It may also, optionally, contain the device_info message.

Table 5-1. FIT Messages Contained in Weight File

FIT Message	FIT Fields	Required	Type	Value/Units
file_id (files from device)	type	Y	file (enum)	Weight File
	manufacturer	Y	manufacturer (UINT16)	ANT+ managed. Contact antalliance@thisisant.com for details
	product	Y	UINT16	Managed by manufacturer
	serial_number	Y	UINT32z	Managed by manufacturer
file_id (files to device)	type	Y	file (enum)	Weight File
user_profile	message_index	N	UINT16	Provides an index such that other FIT messages in the file can be related to this user
	local_id	N	UINT16	Weight scale's local user ID
	friendly_name	N	string	
	gender	N	gender (enum)	Male/female
	age	N	UINT8	Years
	height	N	UINT8	1/100 m
	activity_class	N	activity_class(enum)	level/level_max/athlete
weight_scale	timestamp	Y	date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
	user_profile_index	N	UINT16	Provides a link to the user_profile message. e.g. user_profile_index = 1 relates to the user_profile message with message_index = 1
	weight	Y	UINT16	1/100 kg
	percent_fat	N	UINT16	1/100 %
	percent_hydration	N	UINT16	1/100 %

	visceral_fat_mass	N	UINT16	1/100 kg
	bone_mass	N	UINT16	1/100 kg
	muscle_mass	N	UINT16	1/100 kg
	basal_met	N	UINT16	¼ kcal/day
	active_met	N	UINT16	¼ kcal/day
device_info	timestamp	Y*	Date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
	device_index	N	device_index (UINT8)	
	device_type	N	device_type (UINT8)	18 (0x12) for ANT+ Weight scale
	manufacturer	N	manufacturer (UINT16)	managed by ANT+ msb (i.e. bit 15) must be set to 1
	serial_number	N	UINT32z	Managed by manufacturer
	product	N	UINT16	Managed by manufacturer
	software_version	N	UINT16	Managed by manufacturer
	hardware_version	N	UINT8	Managed by manufacturer
	cum_operating_time	N	UINT32	s
	battery_voltage	N	UINT16	1/256 V
	battery_status	N	battery_status (enum)	new/good/ok/low/critical

* Field is only required if the optional FIT message is recorded

As indicated in the "Required" column, not all of the listed fields shall be included in the weight file. At a minimum, the following is required:

- file_id message must be included to indicate the file type
- weight_scale message containing weight
- If the optional user_profile message is included, then the file shall contain a user_profile message with a matching message_index defined for each user_profile_index used. If this message is not recorded, it is implied that user ID's are not supported on any level
- * If optional device_info message is included, then it must contain the timestamp field in order to link each device_info message to its respective blood_pressure message

5.1 Weight File Examples

Figure 5-1 shows an example FIT weight file. Note that the file contains the FIT 12 Byte header, definition and data messages for file_id, followed by the definition and data messages for user_profile, followed by the definition and data messages for weight_scale and device_info.

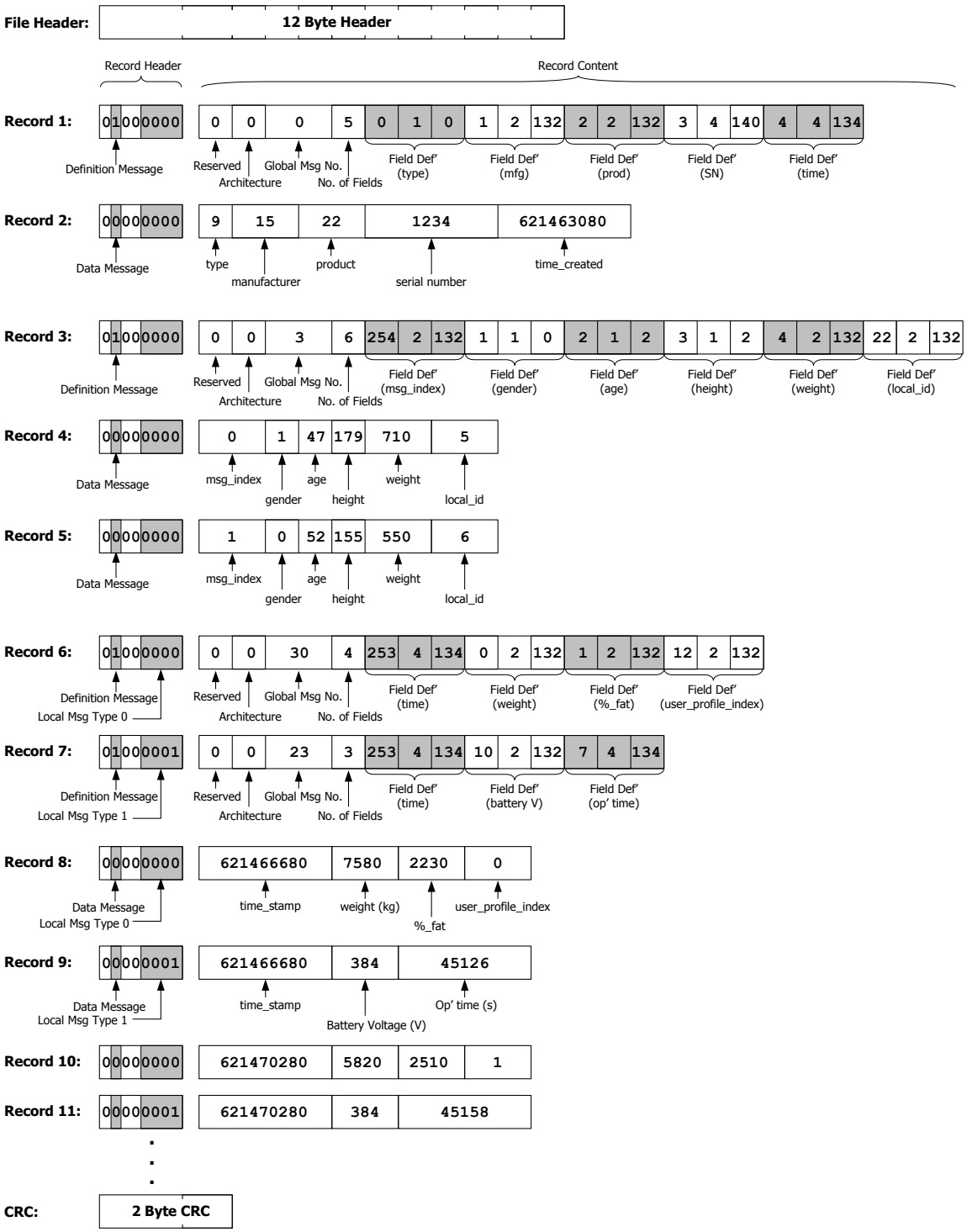

Figure 5-1. Multi-user Weight File Example

The file_id, user_profile and weight_scale messages shall all use local message type 0 in order to minimize the RAM requirements for handling weight scale data on limited processors. Any other data messages, such as device_info, shall use a different local message type as desired.

Note:

- **The association of user information to message_index or user_profile_index may not change value within a file.**
- **FIT files cannot be created/edited during a weight scale measurement**

In the example shown in Figure 5-1, the file contains data from two users. One is a 47 year old male stored locally under user ID 5, and another is a 52 year old woman stored under local user ID 6; which is indexed within the file to message_index 0 and 1 respectively. All of their data is recorded on the device under the local ID which is linked to their profile data. When the FIT file is written, the user_profile and weight_scale data is linked through the message_index and user_profile_index fields respectively

The number of local user ID's will be dependent on the weight scale devices capabilities (i.e. user profile ID). For simple weight scales that do not support user profiles, the user_profile message does not need to be included, indicating that the system that does not support user profiles.

For a single user weight file, the user_profile_index does not need to be included in the weight_scale message. Instead, the user information can be defined once, using the user_profile message (with or without the message_index and/or local_id fields), and all subsequent weight_scale data records will be associated to that user. For example, in Figure 5-2, all data is associated to the user information recorded in message_index "0". If the weight_scale message is defined without the user_profile_index field, it is assumed that all data records that follow are associated to user_profile_index 0. Similarly, if the message_index field is not recorded and only one user_profile message exists, all weight_scale data will be associated to that single user profile.

For simple weight scales that do not support user ID's, the user_profile message is not required

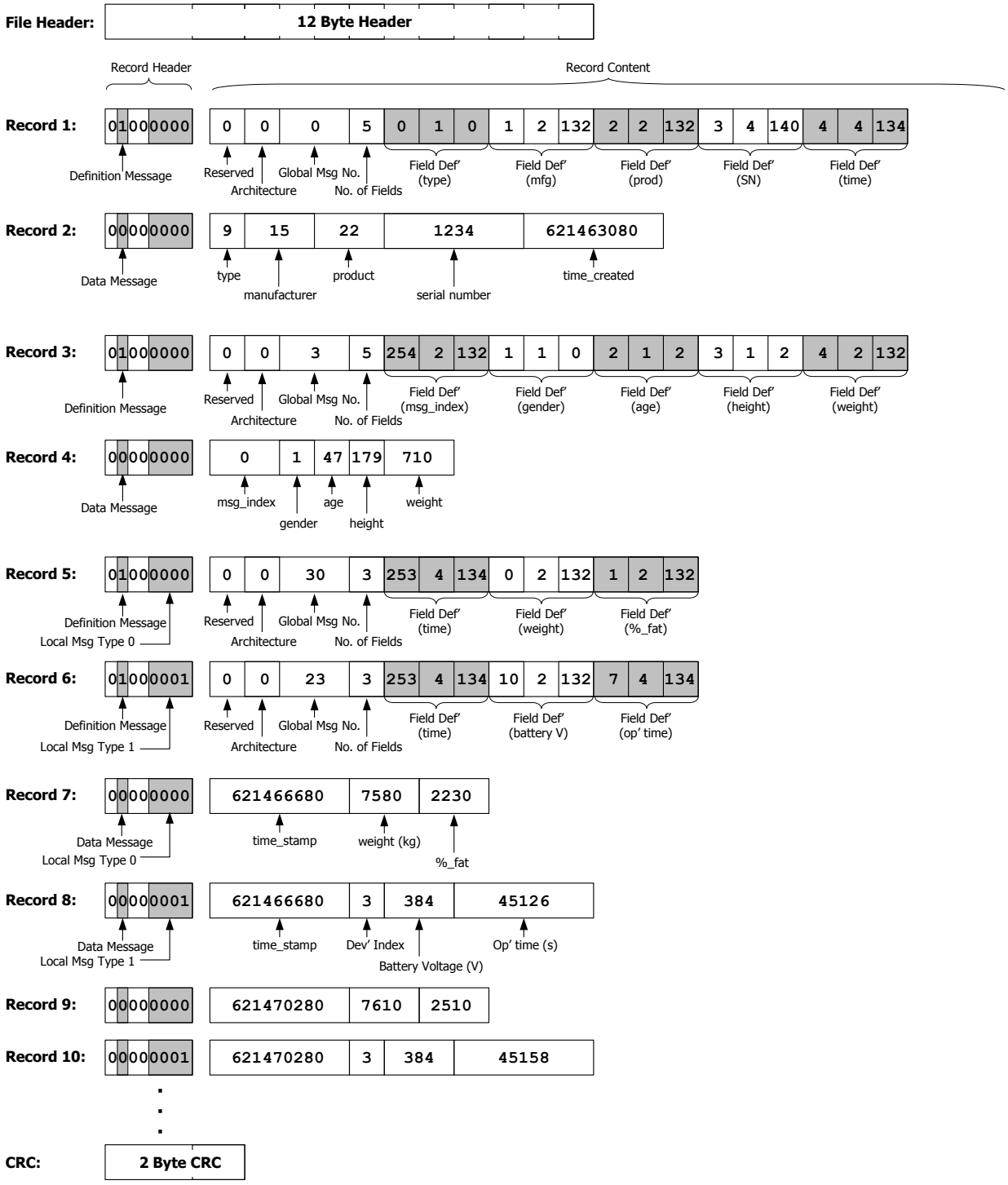

Figure 5-2. Single or Unidentified User Systems

6 Activity File

Activity files are used to record sensor data and events from an active session. All data messages in a session file are related by a timestamp.

6.1 FIT Messages

The following FIT messages can be included in an activity file:

activity, session and lap

Activity, session and lap messages have a similar structure and provide summary data over a discrete time period with increasing detail. As shown Figure 6-1 each activity file will have one activity message, any number of session messages within each activity, and any number of laps within each session. These three types of summary message may be grouped together at the start of the file or interleaved with event and record messages. In either case the messages must be in chronological order.

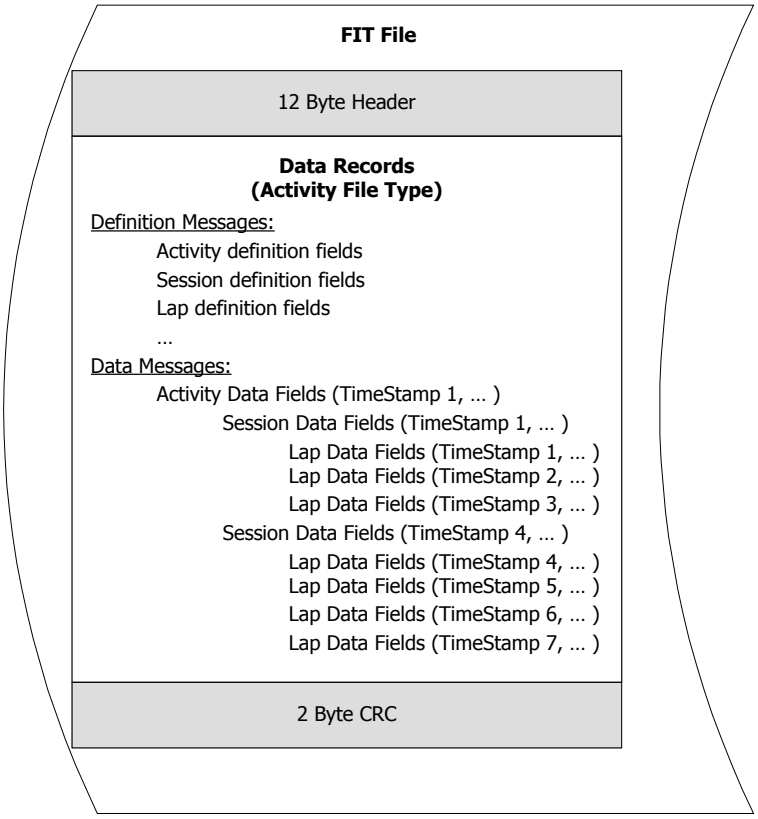

Figure 6-1. Activity, Session and Lap Message Structure

An Activity message provides a high level description of the overall activity file. This includes overall time, number of sessions and the type of each session.

The Session message adds more detail including totals and averages over the entire session while Lap messages provide this detail over the duration of a single lap.

Depending on the device, there may be a limit to the number of sessions that are allowed per activity file, or number of laps that are allowed per session.

record

Record messages are a time-stamped data message carrying information about the user activity in the current session. This message carries instantaneous data such as speed, position, heart rate and bicycle power. Record messages must be in chronological order.

event

These messages are used to record events within a session including starting and stopping the timer, but also alerts. Event messages must be in chronological order.

Note that the activity file makes use of dynamic fields, meaning the interpretation of some message fields will depend on the value of another field. For example, Field Definition #10 of the Session message is Total_Cycles. However, if the sport is Running, Total_Cycles should be interpreted at Total_Strides where it would be interpreted as Total_Strokes if the sport is rowing.

7 Workout File

A workout file describes a structured activity that can be designed on a computer and transferred to a display device to guide a user through the activity.

The workout file should, at a minimum, contain the file_id, workout and at least one workout_step FIT messages (Figure 7-1). Messages should be defined and recorded sequentially, using only local message type 0. The file_id, and workout messages need only be recorded once, at the start of the workout file. The rest of the workout file will consist of multiple workout_step messages. Redefining local message type 0 for all messages will ensure simple processors can handle all workout data.

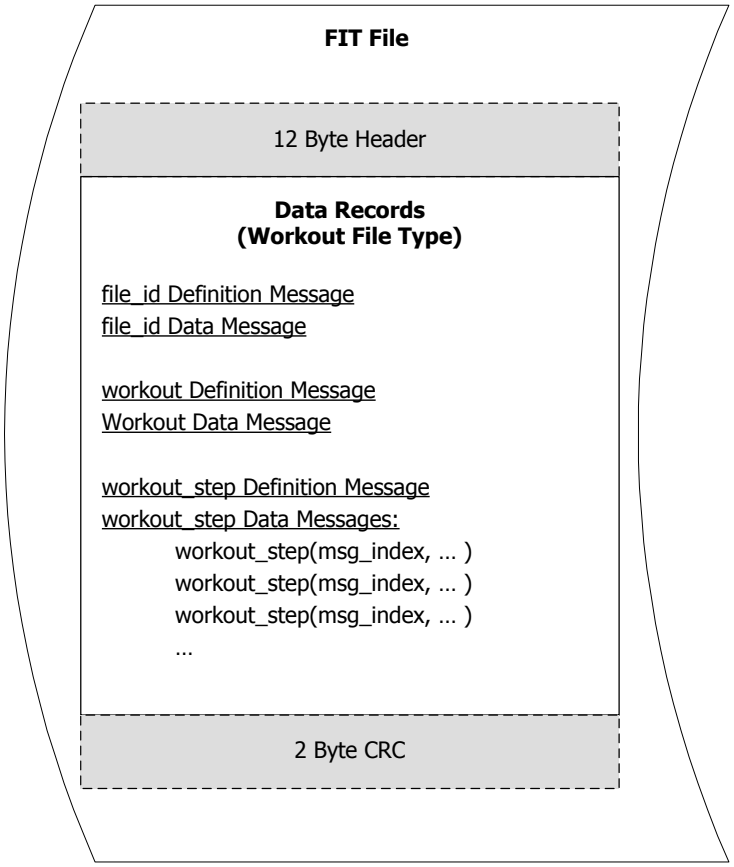

Figure 7-1. Workout File Structure

Workouts are described as a series of steps. Each step is used to define a target effort for a set duration (Figure 7-2, step A and B), or to define a repetition pattern (Figure 7-2, step C).

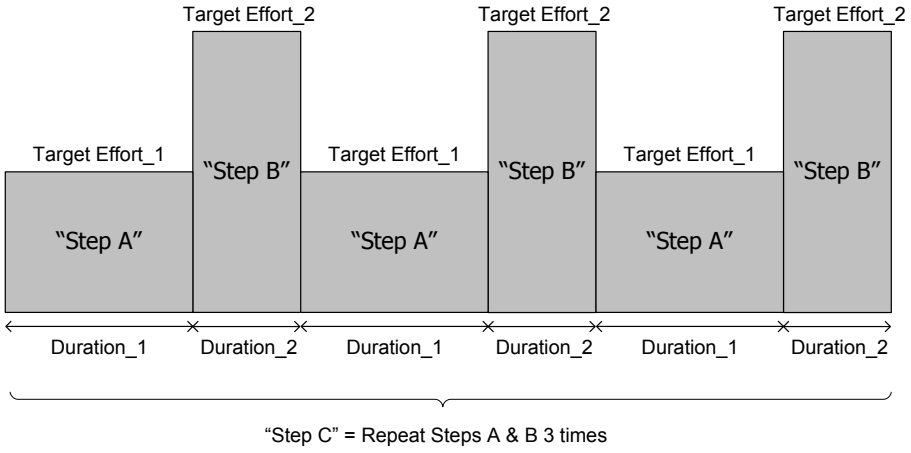

Figure 7-2. Defining Workout Steps

The following sections will describe the FIT messages of a workout file.

7.1 FIT Messages

The general message structure for both the workout and workout_step messages are show below in Figure 7-3.

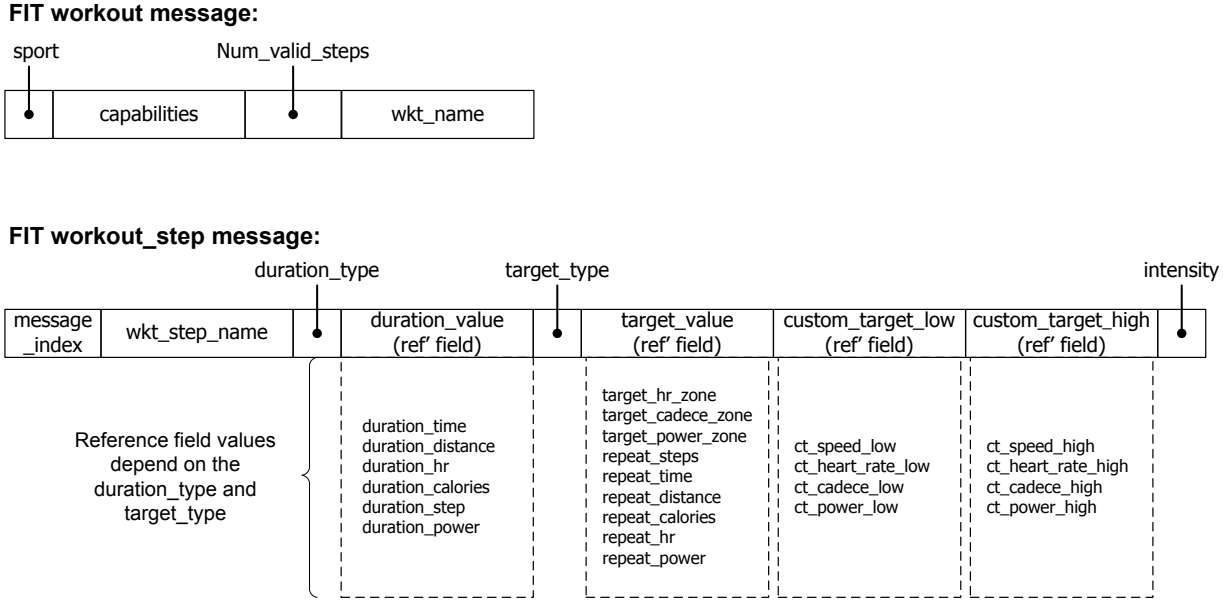

Figure 7-3. FIT workout and workout_step Message Structure

The full list of FIT messages and fields contained in a workout file are outlined in Table 7-1. Note that not all fields are required.

Table 7-1. FIT Messages Contained in Workout File

FIT Message	FIT Fields	Required	Type	Value/Units
file_id (files from device)	type	Y	file (enum)	Workout file
	manufacturer	Y	manufacturer (UINT16)	ANT+ managed. Contact antalliance@thisisant.com for details
	product	Y	UINT16	Managed by manufacturer
	serial_number	Y	UINT32z	Managed by manufacturer
	time_created	Y	date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
file_id (files to device)	type	Y	file (enum)	Workout file
	manufacturer	Y	manufacturer (UINT16)	ANT+ managed. Contact antalliance@thisisant.com for details
	product	Y	UINT16	Managed by manufacturer
	serial_number	Y	UINT32z	Managed by manufacturer
	time_created	Y	date_time (UINT32)	Seconds since UTC 00:00 Dec 31 1989 If <0x10000000 = system time
workout	sport	N	sport (enum)	Indicates type of sport workout
	capabilities	N	UINT32z	Bitfield describing workout capabilities. Refer to SDK
	num_valid_steps	Y	UINT16	Indicates the number of valid steps contained in the file
	wkt_name	N	String	User friendly string identifying name of workout
workout_step	message_index	Y	UINT16	Provides an index for each step such that a repeat step can refer back to a specific workout step
	wkt_step_name	N	String	User friendly string identifying name of the workout step
	duration_type	Y	wkt_step_duration (enum)	Indicates the type of parameter that will define the workout steps' duration.
	duration_value	N	UINT32, workout_hr, or workout_power	Dynamic field representing the value of the duration. The value in this field depends on the duration_type (Table 7-2)
	target_type	Y	wkt_step_target (enum)	Indicates the type of parameter that will define the workout steps' target range/zone.
	target_value	N	UINT32, workout_hr, or workout_power	Dynamic field representing the value of the target. The value in this field depends on either duration_type or target type as

				outline in Table 7-3.
	custom_target_value_low	N	UINT32, workout_hr, or workout_power	If the workout target uses a custom range, rather than a defined zone, this field is used to specify the lower boundary. Dynamic field dependent on target_type (Table 7-3)
	custom_target_value_high	N	UINT32, workout_hr, or workout_power	If the workout target uses a custom range, rather than a defined zone, this field is used to specify the upper boundary. Dynamic field dependent on target_type (Table 7-3)
	intensity	N	intensity (enum)	Represents the workout steps intensity level (Table 7-4)

7.2 Workout Message

The workout message is recorded once, at the start of the file and provides a summary of the workout information contained in the file. It describes the sport the workout is related too, workout capabilities, and the number of defined workout steps contained in the file. Using the example of Figure 7-2, the number of defined steps is 3 (i.e. steps A, B and C).

7.3 Workout_steps Message

The workout_steps message is used to define each workout step. For defining a single step, this message describes:

- Duration type: e.g. time, distance, etc
- Duration value: e.g. 1min, 100m, etc
- target type: e.g. heart rate, speed, etc
- target value: this may be a preconfigured zone (e.g. heart rate zone '1' or '2') or a custom value (e.g. 65% to 75% max heart rate)

For defining a repetition step, this message describes:

- Duration type: repeat a sequence of workout_steps
- Duration value: the step to start repetitions from (i.e. step A in Figure 7-2)
- target value: number of repeats, time limit of repeats, etc

The workout_steps message contains dynamic fields which are described in sections 7.3.1 and 7.3.2.

7.3.1 Duration_type Referenced Fields

The duration_value and target_value fields are dynamic fields that are dependent on the value of the duration_type field as described in Table 7-2.

Table 7-2. List of duration_types and Relevant Dynamic Field Values

duration_type	duration_value (dynamic field value)	target_value (dynamic field value)
Time	duration_time	
Distance	duration_distance	
hr_less_than	duration_hr	
hr_greater_than	duration_hr	
Calories	duration_calories	
Open	duration_value	
repeat_until_steps_cmplt	duration_step	repeat_steps
repeat_until_time	duration_step	repeat_time
repeat_until_distance	duration_step	repeat_distance
repeat_until_calories	duration_step	repeat_calories
repeat_until_hr_less_than	duration_step	repeat_hr
repeat_until_hr_greater_than	duration_step	repeat_hr
repeat_until_power_less_than	duration_step	repeat_power
repeat_until_power_greater_than	duration_step	repeat_power
power_less_than	duration_power	
power_greater_than	duration_power	

7.3.2 Target_type Referenced Fields

The target_value, and custom_target_low/high fields are dynamic fields that are dependent on the value of the target _type field as described below in Table 7-3.

Table 7-3. List of target_types and Relevant Dynamic Field Values

target_type	target_value (dynamic field value)	custom_target_low (dynamic field value)	custom_target_high (dynamic field value)
speed		custom_target_speed_low	custom_target_speed_high
heart_rate	target_hr_zone	custom_target_heart_rate_low	custom_target_heart_rate_high
open	target_value	custom_target_value_low	custom_target_value_high
cadence	target_cadence_zone	custom_target_cadence_low	custom_target_cadence_high
power	target_power_zone	custom_target_power_low	custom_target_power_high
grade			
resistance			

7.3.3 Target values vs Custom target values

Unless defining repeat steps, the target_value dynamic field typically refers to setting a target zone. These target zones represent target limits that have already been established through other means; such as: predefined on fitness equipment,

in a settings file, or through a user interface. The workout_step can then be used to set a target heart rate, power or other zone value. If a specific target range is desired, the custom_target_low and custom_target_high fields may be used to set the upper and lower boundaries of the desired target range. Refer to the FIT SDK for specific field/zone values.

7.3.4 Workout Intensity

The workout_steps intensity field differentiates between sets that are designated for warm up, recovery, active and cool down. The intensity field does not affect target or duration values, but tracking the intensity field allows the program designer to calculate the total amount of active time within a workout.

Table 7-4.Workout Intensity Values

Intensity Value	Intensity Description
0	Active
1	Rest
2	Warmup
3	Cooldown

7.3.5 Setting Power and Heart Rate Values

Power and heart rate values can be set as specific or relative values. Specific values are set in integer values representing beats per minute (bpm) for heart rate, or watts for power. Relative values as set as an integer value ranging from 0 to 100% of the user's maximum heart rate or 0 – 1000% functional threshold power (ftp).

As the integer 0 to 100 (heart rate) and 0 to 1000 (power) range is reserved for relative values, specific heart rate and power values must be incremented by 100 bpm or 1000 watts respectively. Examples are provided in

Table 7-5. Expressing Heart Rate and Power in Specific and Relative Values

Desired Heart Rate	Value in HR Field	Desired Power	Value in Power Field
125 bpm	225	325 Watts	1325
85% user's max HR	85	275%	275

7.4 Workout File Examples

The following examples illustrate how to correctly define workout steps, from setting individual steps to repeating steps, and setting custom target values.

7.4.1 Defining Individual Workout Steps

Figure 7-4 shows an example of four workout_steps records used to define a workout that has a warmup step ("A"), two active steps ("B1" and "B2"), and a cooldown step ("C").

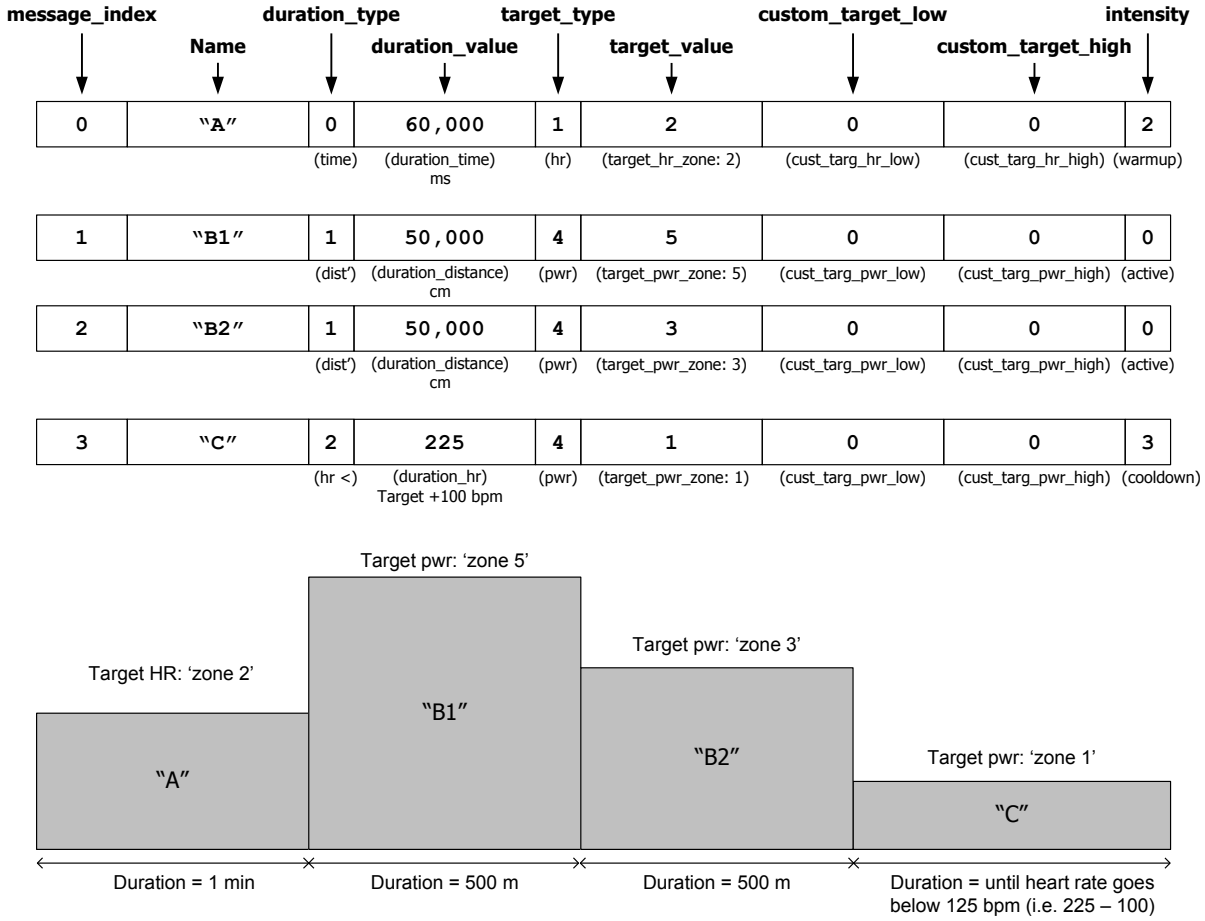

Figure 7-4. Example Workout Step Definitions

Message_index values always start at 0, and increment with each workout_step message. As such, the first workout_step message uses message_index 0. The duration_type is set to 0 (i.e. time), which means the duration_value dynamic field will contain duration_time data, which is a time value in units of milliseconds. Similarly, the target_type is set to 1 (i.e. heart rate) and the target_value field will refer to target_hr_zone data, which is an integer value representing the pre-defined zone. As the target zone is defined, no custom values are required and shall be set to 0. The intensity field is set to 2, indicating the step is a warmup step. In this case, the duration is set to 60 seconds of activity to be performed in heat rate zone 2.

Workout_steps "B1" and "B2" are indexed at message_index 1 and 2 respectively. For both steps, the duration_type is set to 1 (i.e. distance), which means the duration_value dynamic field will contain duration_distance data, which is a distance

value in units of centimeters. Similarly, the target_type is set to 4 (i.e. power) and the target_value field will refer to target_power_zone data, which is an integer value representing the pre-defined zone. As the target zones are defined, no custom values are required and shall be set to 0. The intensity field is set to 0, indicating these are active steps. In this case, the duration is set to 500 meters seconds of activity each to be performed in power zone 5, and then 3.

The final workout_step "C" is at message_index 3, the duration_type is set to 3, indicating the duration_type is "hr_less_than" and the duration_value will refer to duration_hr data. This means that the step will be performed for as long as it takes the user's heart rate to drop below that of the specified hr value (in duration_hr). The target_type is set to 4 (i.e. power) and the target_value field will refer to target_power_zone data, which is an integer value representing the pre-defined zone. As the target zones are defined, no custom values are required and shall be set to 0. The intensity field is set to 3, indicating this is a cooldown step. In this case, the user will perform the activity in power zone 1, until the user's heart rate is below 125 bpm. NB that the duration_hr value is the target value + 100 (i.e. 125 + 100 bpm), refer to section 7.3.5 for details on setting heart rate or power values.

7.4.2 Defining Repeat Steps Example

Figure 7-5 uses the same steps from the example in Figure 7-4, however another step ("Rep") is added to repeat the active steps ("B1" and "B2"). Note that the added step has changed the message_index value for step "C" from 3 to 4. This is because **the message_index field must be sequential**.

0	"A"	0	60,000	1	2	0	0	2
1	"B1"	1	50,000	4	5	0	0	0
2	"B2"	1	50,000	4	3	0	0	0
3	"Rep"	6	1	2	3	0	0	0
		(rep' until steps cmplt)	(duration_step) Repeat from msg_index 1	(open)	(repeat_steps) 3 times	(custom_target_low)	(custom_target_high)	(active)
4	"C"	2	225	4	1	0	0	3

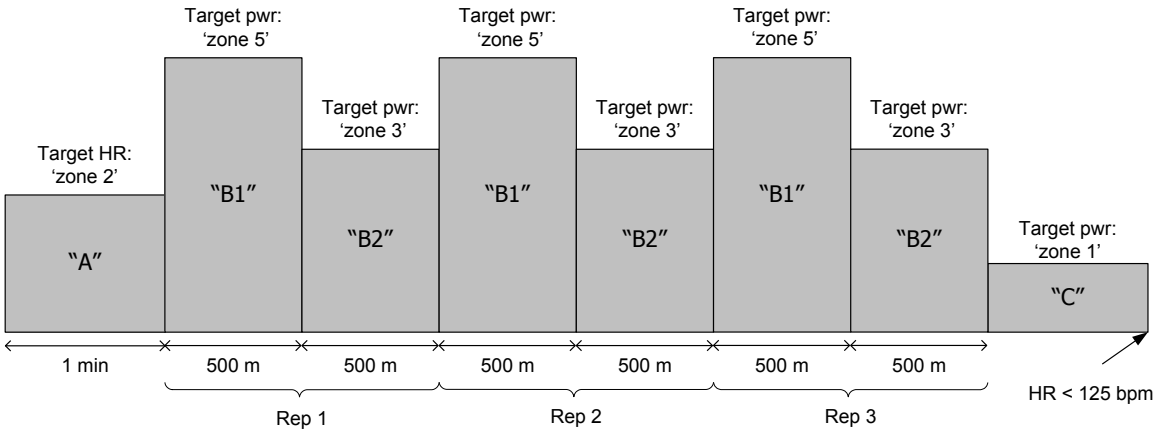

Figure 7-5. Defining a Workout Step for Repeating Steps

The repeat workout step ("Rep") has a duration_type value of 6, meaning "repeat_until_steps_completed", and the duration_value will be of type duration_step, and will contain the message_index of the step to start the repetitions from. In other words, setting the duration_step field to a value of 1, will indicate that the repetition will start from the workout_step with a message_index = 1 (i.e. step "B1"), and follow through all subsequent steps up until the repeat step. In this case, this means steps "B1" and "B2" will be repeated. For repeat steps, the duration_type also determines the value in the target_value dynamic field, and indicates this field will contain repeat_steps data, which is an integer value representing the number of times the sequence shall be repeated before progressing onto the next step (i.e. "C").

For repeat steps that use duration_types containing "repeat_until_[type]_greater than" or "repeat_until_[type]_less_than", the sequence will repeat until the specified value met, drop out of the current step and immediately drop into the next step. This scenario is illustrated in Figure 7-6.

0	"A"	0	60,000	1	2	0	0	2
1	"B1"	1	50,000	4	5	0	0	0
2	"B2"	1	50,000	4	3	0	0	0
3	"Rep"	11	1	1	80	0	0	0
		(rep' until hr >)	(duration_step) Repeat from msg_index 1	(hr)	(repeat_hr) Hr > 80% max hr	(custom_target_low)	(custom_target_high)	(active)
4	"C"	2	225	4	1	0	0	3

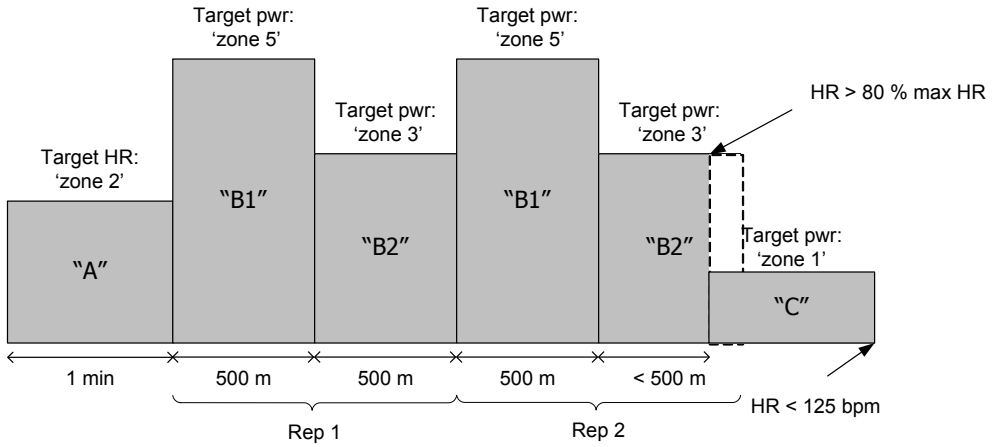

Figure 7-6. Repeat Steps Using "greater than" or "less than" Duration Types.

Step "Rep" has now been defined using duration_type value of 11, meaning "repeat_until_hr_greater_than", and the duration_value will be of type duration_step, and will again contain the message_index of the step to start the repetitions from. The duration_step field is again set to a value of 1, indicating the repetition will include steps "B1" and "B2". For repeat steps, the duration_type also determines the value in the target_value dynamic field, and indicates this field will contain repeat_hr data, refer to section 7.3.5 for details on setting heart rate or power values. In this case, repeat_hr is set to 80, indicating that the steps will be repeated until the user's heart rate is greater than 80% of their maximum heart

capacity. Once the this heart rate has been exceeded, the workout jumps out of the current step (i.e. "B2") and commences the next step (i.e. "C").

7.4.3 Using Custom Target Values

If predefine target zones are unavailable or undesired, custom target values may be used instead. Figure 7-7 below uses the same workout steps from the example in Figure 7-4, however custom target values are used instead of target zones.

If custom targets are used, the relevant target_value field (i.e. target_hr zone and target_power_zone in the example below) shall be set to 0, indicating that custom values will be used. The data type of the custom values is dependent on the target_type as described in Table 7-3.

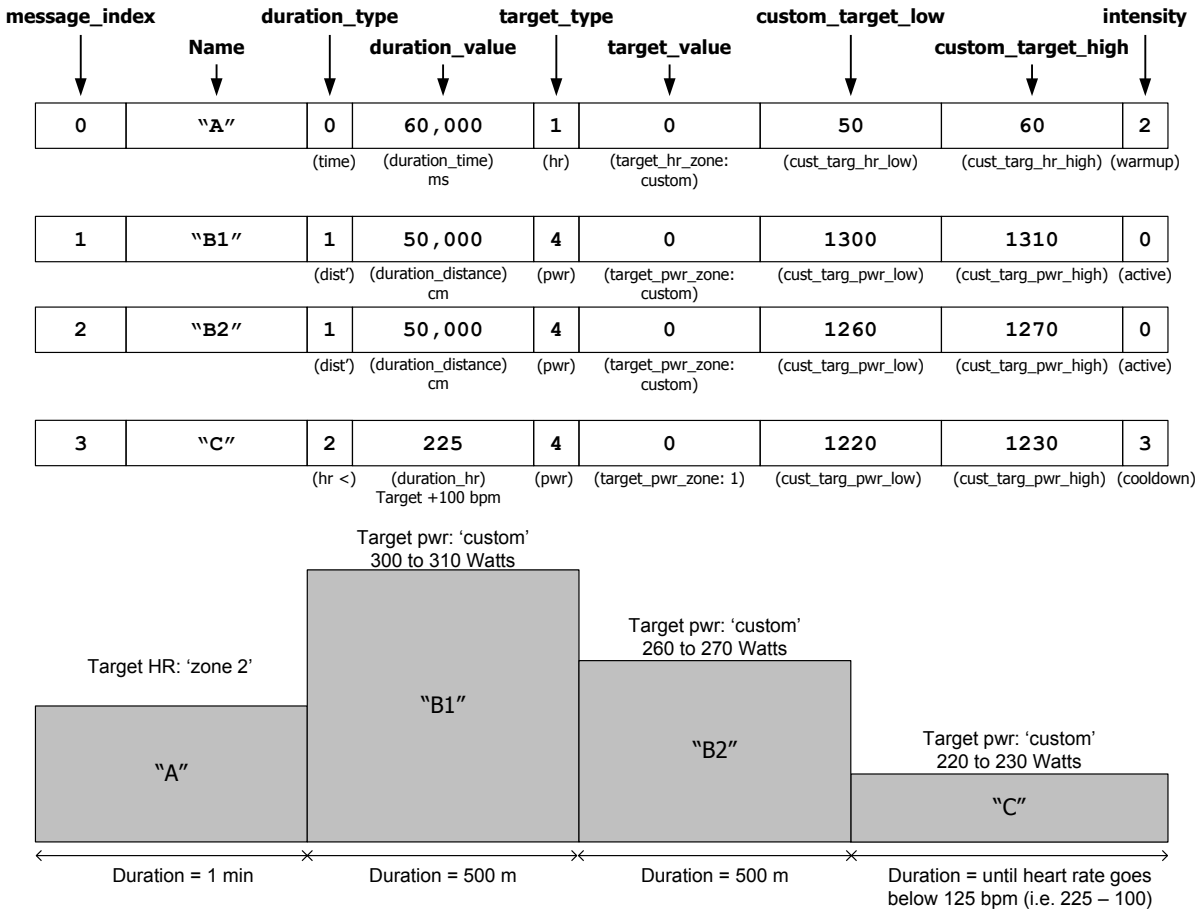

Figure 7-7. Example Workout Definitions Using Custom Target Values

In this example, step "A" target_type is set to 1 (i.e. heart rate) and the target_value field is set to zero indicating custom values will be used. The custom_value_low and custom_value_high fields will be of custom_heart_rate_low and custom_heart_rate_high data types respectfully, setting a target heart rate range of 50-60% of the user's maximum heart rate.). Refer to section 7.3.5 for details on setting heart rate or power values.

Similarly, workout_steps "B1", "B2" and "C" the target_type is set to 4 (i.e. power) and the target_value field set to 0 for custom target values. The custom_value_low and custom_value_high fields will be of custom_power_low and custom_power_high data types respectfully, setting a target speed range of 300 to 310 Watts for "B1", 260 to 270 Watts for "B2" and 220 to 230 Watts for step "C".