

# omegawave

Data export file contains all your assessments in a comma-separated (CSV) format. You can open it with any spreadsheet application, e.g. Microsoft Excel. Data can also be imported to other services which support CSV format.

You can download your assessments by going to "Account" page at <https://app.omegawave.com> and clicking "Download All Assessments" button.

The exported file contains one line for each assessment and has following parameters:

Guid, AssessmentDateTimeInLocalTime, AssessmentDateTime, Modified, SubjectGUID, OverallReadiness, GenesisCNSReadiness, GenesisOmegaBase, CardiacReadiness, GenesisPulse, GenesisCRI, GenesisCardiacStress, GenesisAdaptationReservesGrade, GenesisMRIGrade, GenesisMRI, GenesisASI, GenesisANSI

Example:

5d61aae0-d335-4db5-a143-cc75ca98bfab, 2016-12-14--07-45-11, 2016-12-14--05-45-11, 2016-12-14--05-49-58, 6cdf079d-59fa-49cf-814d-4dcfdf03e651, 4, 6, 37.24, 4, 46, 0.2, 6, 5, 6, 234.19, 109.85, 128.9

Parameter	Example	Description
<b>Assessment information</b>		
Assessment GUID	5d61aae0-d335-4db5-a143-cc75ca98bfab	Assessment ID
AssessmentDateTimeInLocalTime	2016-12-14-07-45-11	Assessment date and time in local time
AssessmentDateTime	2016-12-14-05-45-11	Assessment date and time in UTC time
Modified	2016-12-14-05-49-58	Date and time when the assessment has been modified last time
SubjectGUID	6cdf079d-59fa-49cf-814d-4dcfdf03e651	Your user ID
<b>Overall Readiness</b>		
OverallReadiness	4	Overall Readiness grade Scale: 1-7; 7 is the best value
<b>CNS Readiness</b>		
GenesisCNSReadiness	6	CNS Readiness grade Scale: 1-7; 7 is the best value
GenesisOmegaBase	37.24	DC Potential stabilization point mV value
<b>Cardiac Readiness</b>		
CardiacReadiness	4	Cardiac Readiness grade Scale: 1-7; 7 is the best value
GenesisPulse	46	Resting heartrate
GenesisCRI	0.2	Recovery pattern
GenesisCardiacStress	6	Stress Scale: 1-7; 7 is the best value
GenesisAdaptationReservesGrade	5	Adaptation reserves Scale: 1-7; 7 is the best value
<b>Energy Supply System Readiness</b>		
GenesisMRIGrade	6	Energy Supply System Readiness grade Scale: 1-7; 7 is the best value
GenesisMRI	234.19	Metabolic reaction index (MRI): raw value
GenesisASI	109.85	Aerobic status index
GenesisANSI	128.9	Anaerobic status index