## Sheet1
| Column Name | Description |
| --- | --- |
| id | Subject id |
| Cohort | The Cohort they were in: Cohort 1 = 2015-16, Cohort 2 = 2016-17, Cohort 3 = 2017-18, Cohort 4 = 2018-19, Cohort 5 = 2019-20, Cohort 6 = 2020-21 |
| Date | The date of the daily data |
| StepTotal | Total steps for that day |
| TotalMinutesAsleep | Total minutes asleep for that day |
| TotalTimeInBed | Total minutes in bed for that day |