**Macro to threshold an MZB movie and run MTrack2 kt in ImageJ**

Open ImageJ

Select Plugins🡪Macros🡪Record

Copy the following text in the window and select Create

Save the macro as in .imj file

To run the macro, drag and drop the file onto the ImageJ menubar.

run("Sharpen", "stack");

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run("Despeckle", "stack");

run("8-bit");

//run("Brightness/Contrast...");

setMinAndMax(126, 128);

run("Apply LUT", "stack");

setAutoThreshold("Default");

//run("Threshold...");

setOption("BlackBackground", false);

run("Convert to Mask", "method=Default background=Default");

run("Make Binary", "method=Default background=Default");

run("MTrack2 ", "minimum=1 maximum=30 maximum\_=10 minimum\_=240 show show");

Note: change the numbers in the “run(“MTrack2 “) line to reflect the numbers of frames in the movies, if necessary.