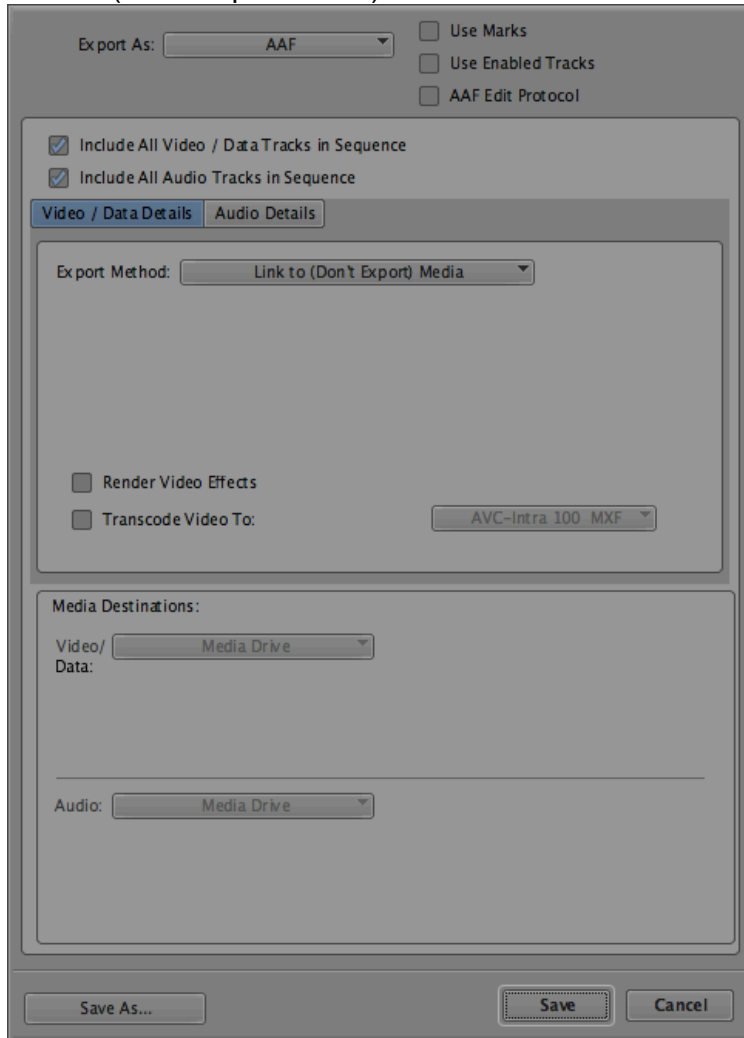Sequence_Clip_Reporter (SCR)
Manual on Google Docs!
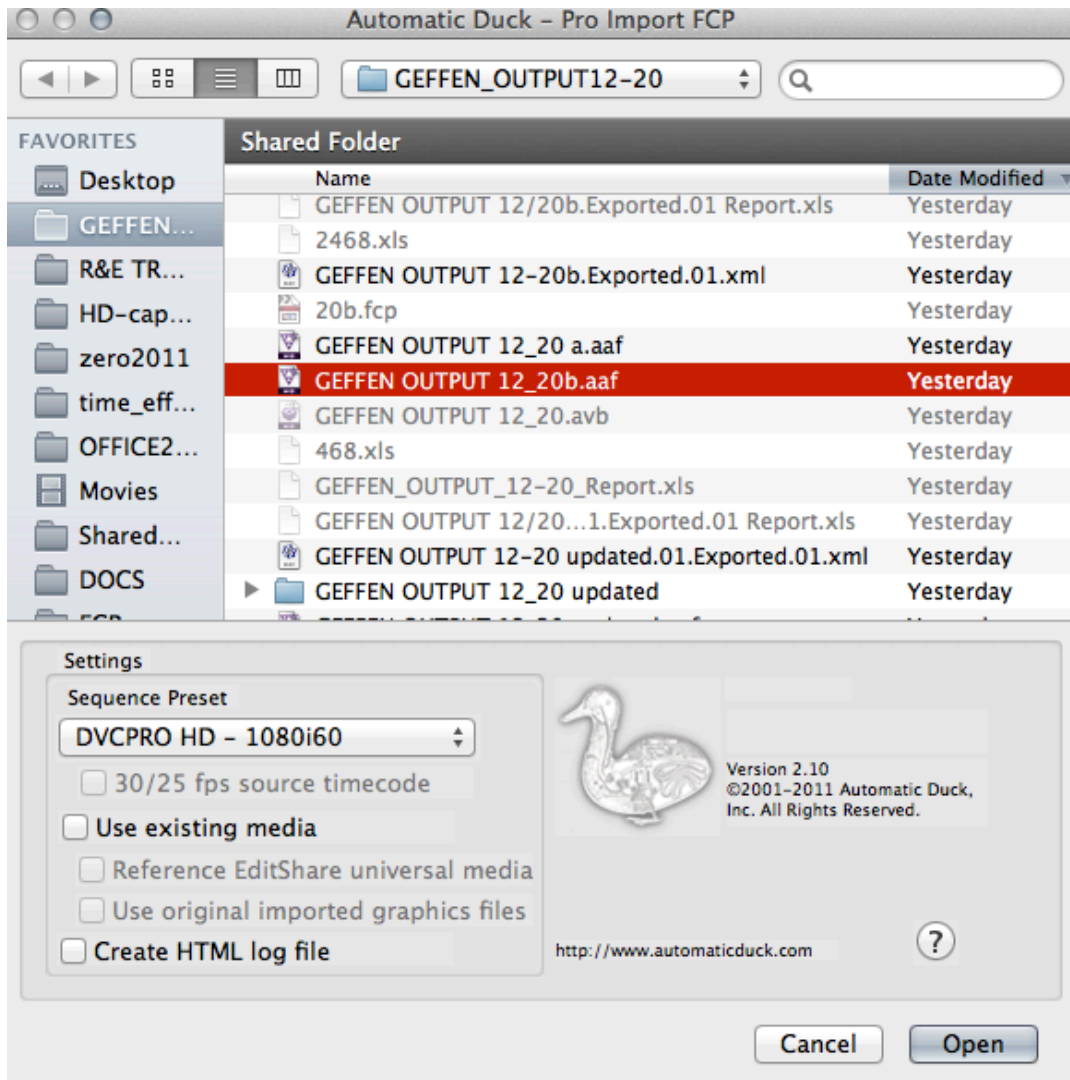
AVID WORKFLOW
1. Export AAF from AVID > settings:
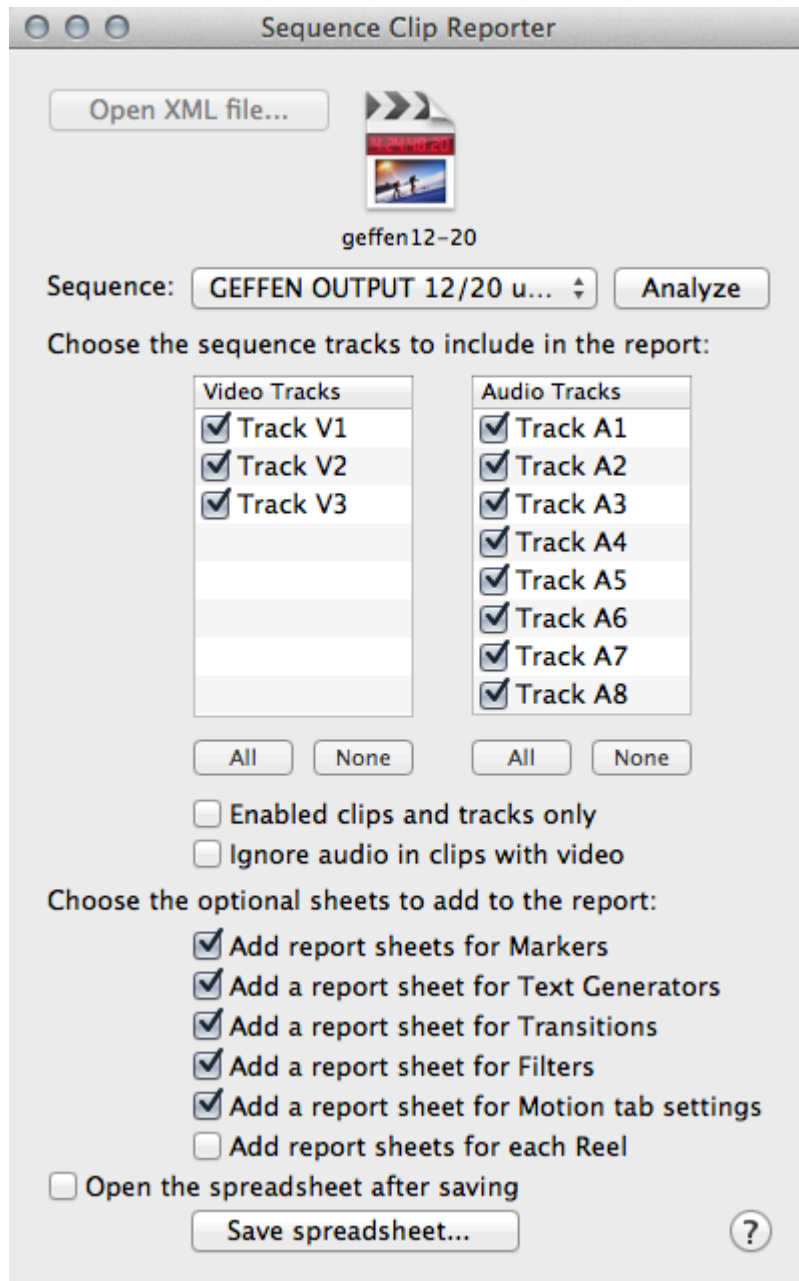-Include all Video & Audio tracks
-Link to (Don't Export Media)

2. Open the AAF in FCP >ProImportFCP_2.1 is available for free on www.automaticduck.com

3. File > Import > Automatic Duck Pro Import FCP
-set sequence preset to DVCPRO-HD60i
-Uncheck all boxes

FCP WORKFLOW
1. Launch FCP > Then SCR (Sequence Clip Reporter).
2. The last opened project will be imported automatically.
To switch to another project, open it in FCP and switch back to SCR. The new project will be imported for you.
3. If you don't have FCP & SCR on the same machine> Export an XML (version 5) >then use "open XML".
4. In SCR choose the sequence you want to analyze from the Sequence pop up menu, then click the Analyze button.
5. Check all boxes for tracks and optional sheets
-Uncheck Enabled clips and tracks only & Ignore audio with video
-Uncheck Add report sheets for each reel.

6. Click Save spreadsheet

Note from the developer:
Are your audio files stereo? In that case it will report the A1/A2 only once, A3/A4 only once etc. The idea is you want a report of actual media used, and the same media used on both A1 and A2 is actually used and reported only once. If you have a mono segment on A2, A4, A6, or A8 it will of course show up in the list.

Filtering reports in Excel

In Excel, choose the Data menu, and from the Filter sub-menu select AutoFilter. A popup menu indicator is added to the headings of the front most sheet.

To show only those rows where, say, Master Comment 1 is "Algonquin Hotel", click the Master Comment 1 popup menu indicator and select Algonquin Hotel from the menu. The spreadsheet changes to show only those rows with Algonquin Hotel in the Master Comment 1 column.