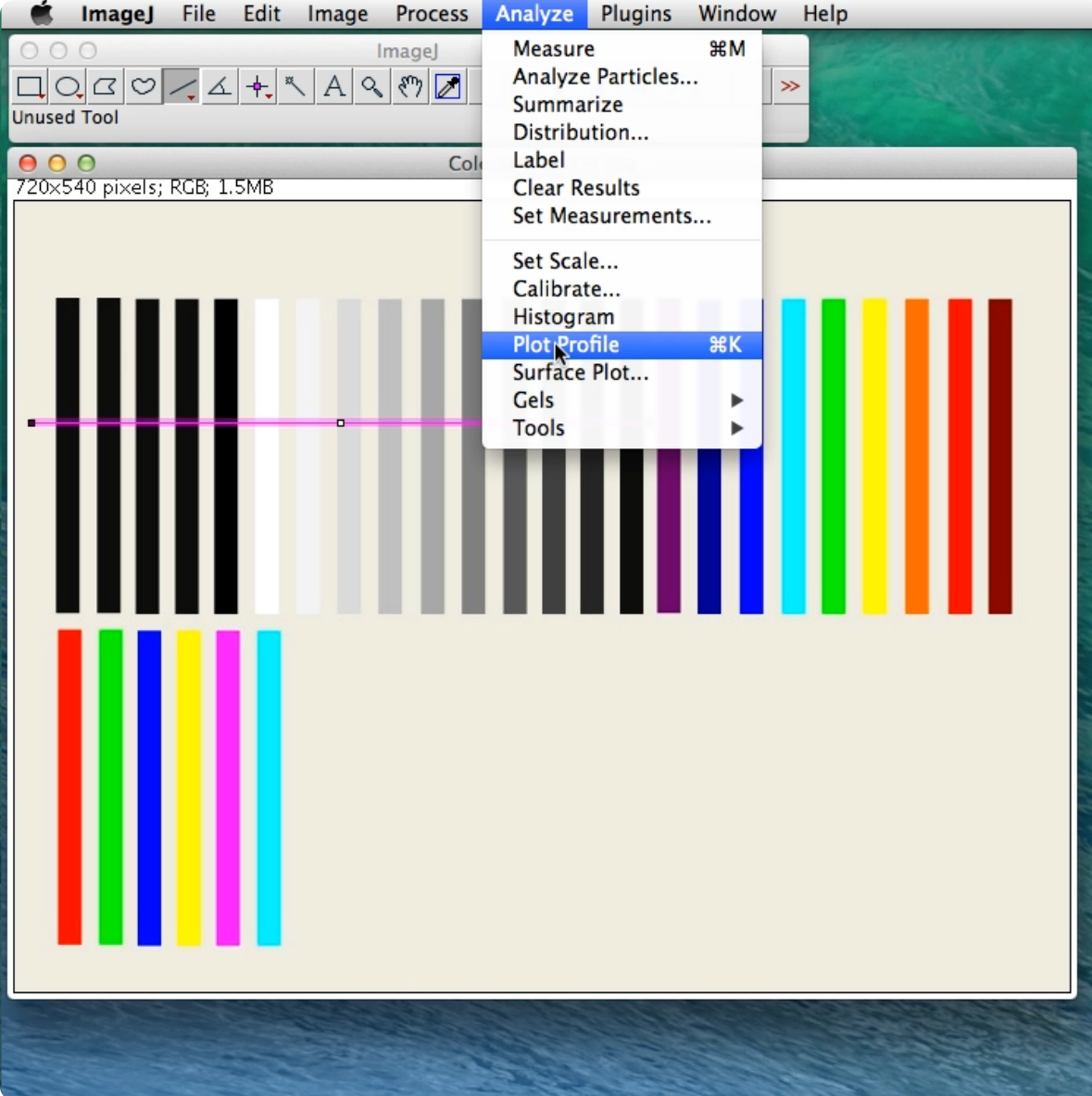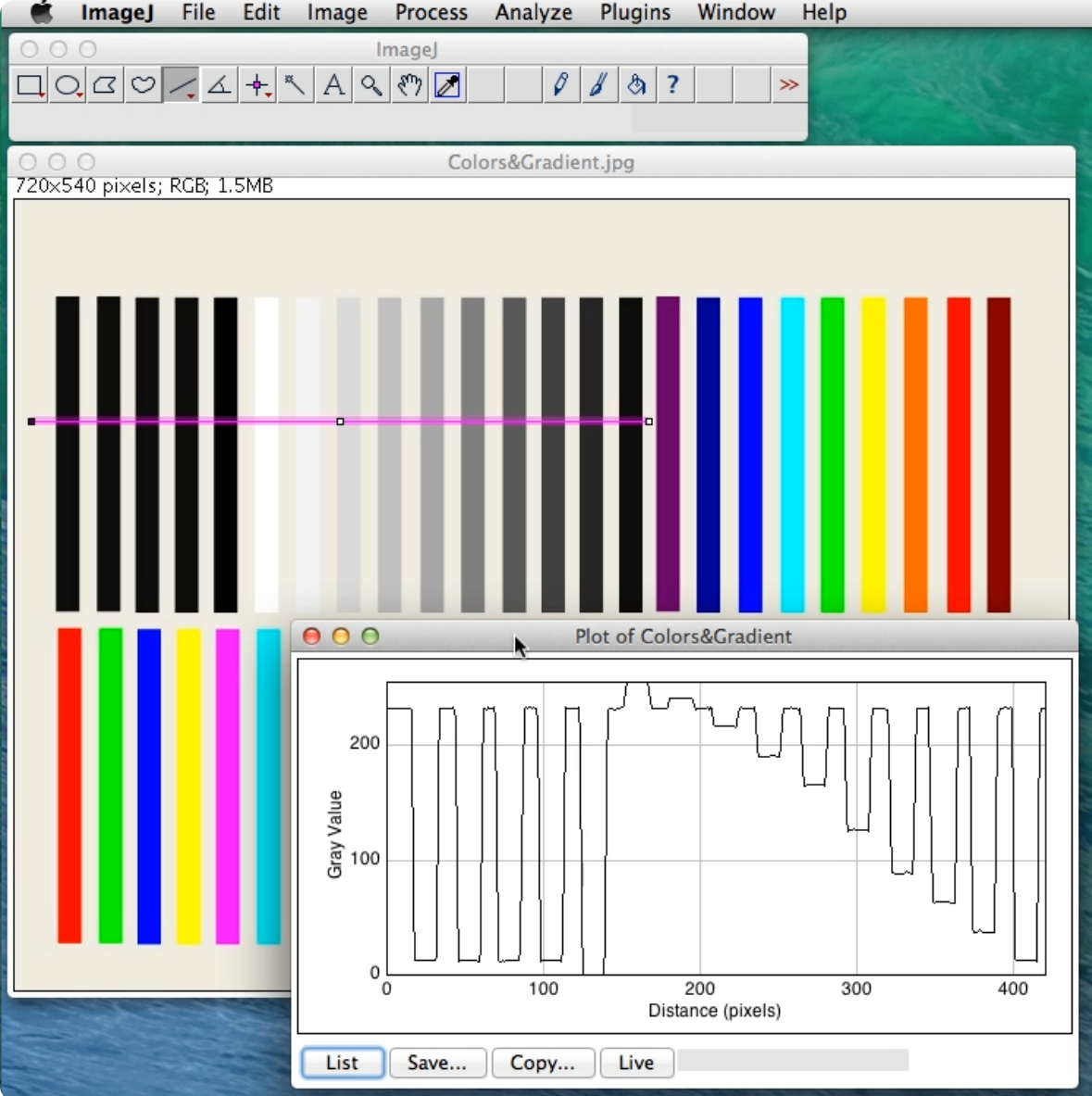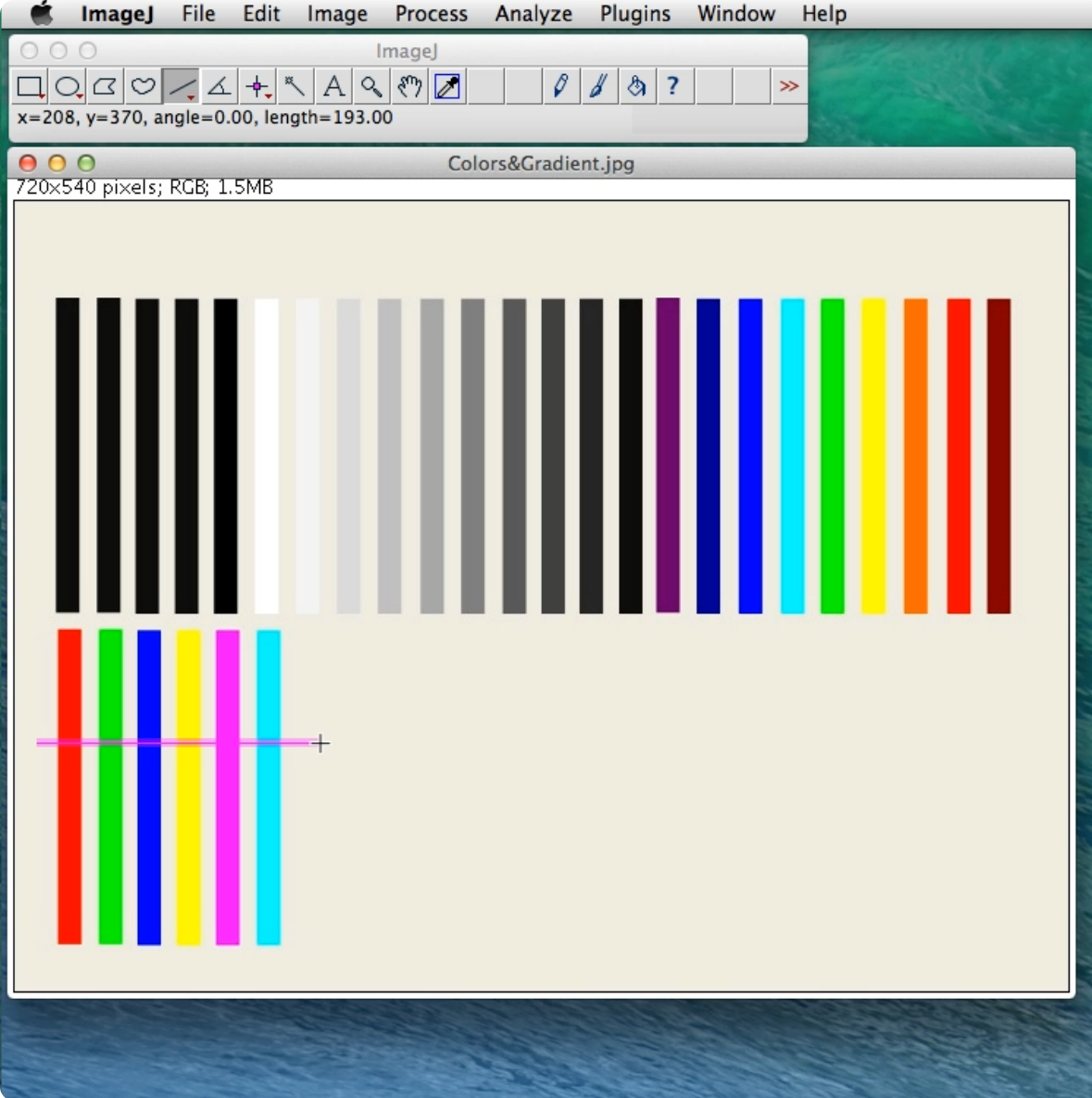The Colors&Gradient file is opened in ImageJ. The line color is set to magenta and width set to "6". A line is drawn across the black, white and gray color strips.
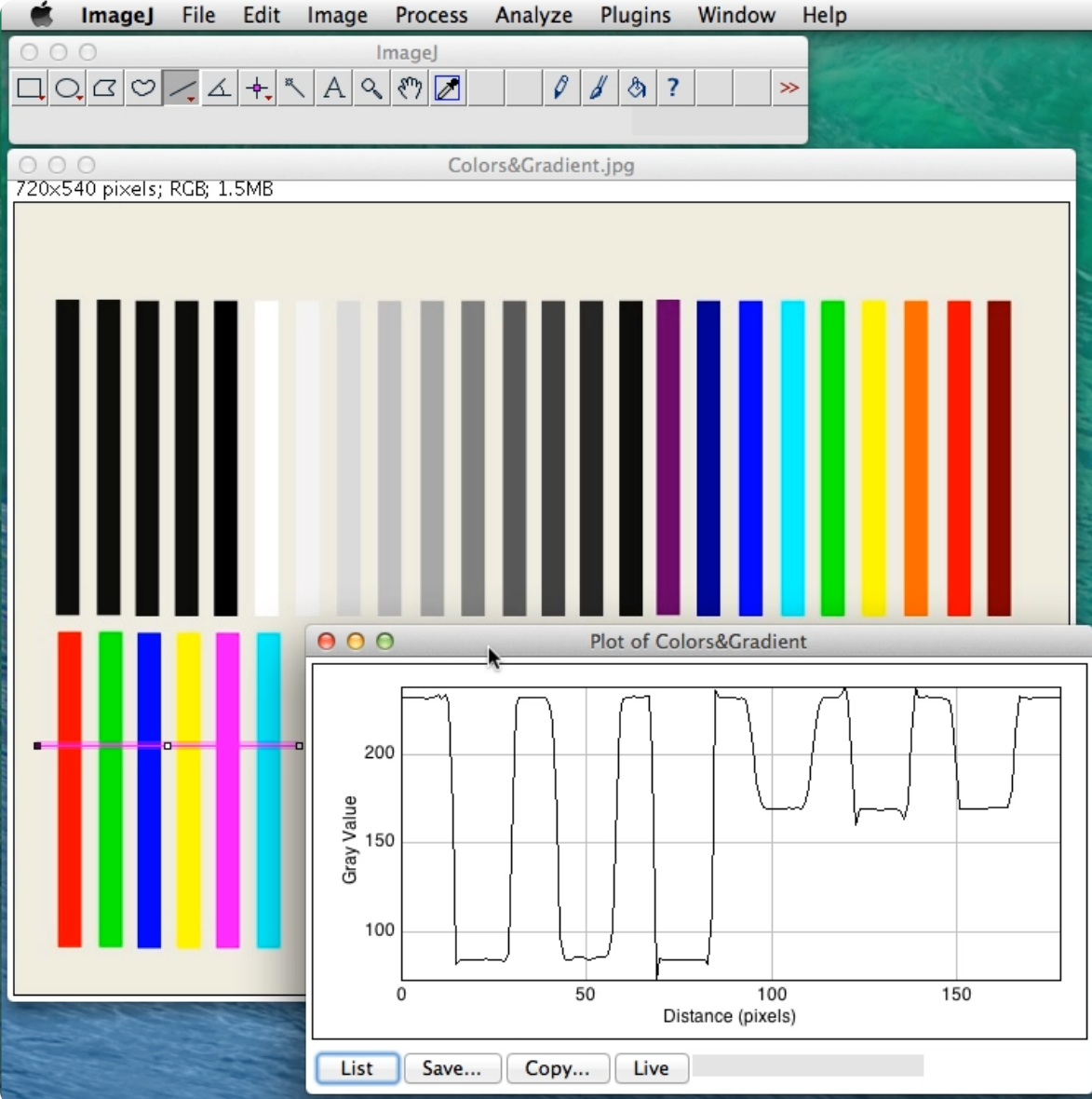
From the Analyze menu, Plot Profile is selected. A plot window will open up.

Notice that the Gray Value is really small (0) when black and very large when white (255). The first 4 strips are almost solid black, the fifth one is. The sixth strip is solid white. As the strips get progressively darker, the Gray Value decreases.

Draw a line on the colored strips.

The colors are converted to grayscale for plotting purposes. Remember in Section 3.1 you were shown how grayscale is calculated from RGB. Red would be calculated as (255 + 0 + 0)/3 = 85. The same holds true for G & B. Yellow, magenta, and cyan would be more like (255 + 255 + 0)/3 = 170