This is a hidden menu. Press the STATUS button under the handle of the Sony EX-1. You can see it in the upper right in this photo.

The first menu screen you will see is this screen, below left. Use the menu select toggle switch, pictured here, below right, of the selector wheel on the back, to get to the second screen.

The second menu has the audio meter. The one below is showing a level of -20dB on Channel 1. This is where you would see the level if you are sending tone from a mixer.