

Write the results of the data collection in the table below

Name \_\_\_\_\_ Approx. step lengths Slow walk (3.6 km/h or 1.0 m/s) \_\_\_\_\_

Age \_\_\_\_\_ Fast walk (6.0 km/h or 1.7 m/s) \_\_\_\_\_

Running (10 km/h or 2.8 m/s) \_\_\_\_\_

Activity	Criterion Measured Distance <small>Distance for 1 lap of the track</small>	GPS Reported Distance	Actual Counted Steps <small>Number of steps as counted by testers</small>	“Cheap” Pedometer		Phone Pedometer	
				Reported Steps	Calculated Distance	Reported Steps	Calculated Distance
Slow walk	____m	____m	_____	_____	____m	_____	____m
Fast walk	____m	____m	_____	_____	____m	_____	____m
Running	____m	____m	_____	_____	____m	_____	____m

Perform these  
comparisons

5

1

2

3

4

### Explanation of terms

- Criterion/Measured Distance is assessed from the tape measure/actual distance
- GPS reported distance is taken from the GPS unit at the completion of each trial
- Actual counted steps is the number of steps visually counted in each trial
- Pedometer reported steps is taken from the pedometer at the completion of each trial
- Pedometer distance is the calculated value of pedometer reported steps x approximate step length