

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 Reported Steps	Calculated Distance	Phone Pedometer Reported Steps	Calculated Distance
	_____ m	_____ m	_____	_____	_____	_____	_____ m
Slow walk	_____ m	_____ m	_____	_____	_____ m	_____	_____ m
Fast walk	_____ m	_____ m	_____	_____	_____ m	_____	_____ m
Running	_____ m	_____ m	_____	_____	_____ m	_____	_____ m
	_____ 5 _____	_____ 1 _____			2		
Perform these comparisons				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