

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	GPS Reported Distance	Actual Counted Steps	“Cheap” Pedometer		Phone Pedometer	
	Distance for 1 lap of the track		Number of steps as counted by testers	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

| 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