

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
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