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| --- | --- | --- | --- | --- |
| **Output** | **Difficulty\*** | **Proximity** | **Specificity** | |
|
| 0.0 | 1 | 10 minutes† | Implicit | |
| 0.1 | 100 | 20 minutes | Implicit | |
| 0.2 | 250 | 30 minutes‡ | Implicit | |
| 0.3 | 500 | 1 hour | semi-explicit > 0.33 >= implicit | |
| 0.4 | 1000 | 4 hours | semi-explicit | |
| 0.5 | 2500 (basal rate) | 8 hours | semi-explicit | |
| 0.6 | 5000 (limited activity) | 1 day | explicit >= 0.66 > semi-explicit | |
| 0.7 | 7500 (low activity) | 3 days | explicit | |
| 0.8 | 10000 (somewhat active) | 1 week | explicit | |
| 0.9 | 12500 (active) | 2 weeks | explicit | |
| 1.0 | 15000 (highly active) | 1 month | explicit | |
| \* Normalized to steps/day  † minimum recommended length of exercise session  ‡ minimum recommended amount of daily exercise | | | |
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