



Pedometer Calibration [video transcript]

Pedometer calibration or how to convert steps to miles

The simplest way to calibrate your pedometer on how many steps you as an individual take per mile is to go to a quarter-mile track—a 440-yard track—in your community high school, college, or junior high school and walk four laps in the inside lane of that track. It's important to stay in the inside lane: for every lane you go outside that inside lane you're walking seven or eight yards more per lap.

On the inside lane, walk four laps and then look and see how many steps you've taken in that four laps and that will be your step count per mile for you.

It's important to keep an even pace throughout the calibration mile that you walk: Again, four laps on the inside lane in a quarter-mile track, record your step count and ensure that you walk an even pace throughout that mile, and that you are wearing your pedometer appropriately.