

Calibrating Your Pedometer For A More Accurate Reading



Step 1

Attach the pedometer to your belt or waistband about mid-way between the front of your thigh and your hip. Don't attach the pedometer to your pocket.

Step 2

Walk a known distance, such as one lap around a quarter-mile track, at a normal pace, wearing the pedometer. Count the number of steps it takes you to cover the distance and compare that number with what the pedometer reads. You can be sure your pedometer is relatively accurate if what it records is within two steps above or below the number of steps you counted.

Step 3

Multiply the number of steps it took you to complete the quarter mile by 4 to get your average steps per mile. For example, if it took you 500 steps to walk a quarter mile, you average 2,000 steps per mile. With that information, you can calculate how many miles you walk during a day of normal activity.

For example, if your pedometer registers 10,000 steps at the end of a day, you can estimate that you've walked about five miles.