



Individual Pedometer Step–Distance Calibration: How to Convert Steps to Miles

1. Use a well-engineered pedometer to determine your individual step count per mile (for example, *Accusplit 2720*, *New-Lifestyles*, or *Walk4Life* brand-name devices).
2. Wear the pedometer and walk 1 lap around a 400-meter (or 440-yard) track like the kind found at a high school or college athletic field:
 - A. It is important to walk at an even pace in the inside lane of the track, where the track is measured from.
 - B. Or, you can drive a route, measuring a mile on your car's odometer. Be sure you know exactly where to start and stop! Then walk the same route. Note that the car odometer step calibration method is less accurate than the 400-meter track calibration.
3. Multiply the number of steps you take in 1 lap (400 meters) by 4:
 - A. The result is the number of steps you take in 1 mile.
 - B. Or, if you are walking the mile you measured on your car's odometer, just see how many steps you recorded on your pedometer.
4. Use this number to figure out total distance per day by dividing your total daily steps by the number of steps you take in 1 mile.

Example:

- Tammy wears her pedometer for a walk around the quarter-mile track at Central High School, and it counts 495 steps.
- She multiplies $495 \times 4 = 1980$ steps per mile. She rounds up to 2000 steps to make the math easier.
- Her pedometer shows she walked 9000 steps today.
- Tammy divides 9,000 by 2,000, and gets 4.5. She walked about 4.5 miles today!