

“Walk-n-Roll” Pedometer Activity

Directions, Tracking Chart, Math activity included

A pedometer is a tool that keeps track of how many steps you take. If you go on a “Walk-n-Roll” with a pedometer, it can tell you how many you took. Many cell phones have a pedometer in them. With an adult’s help, you may be able to take a “Walk-n-Roll” and use your pedometer tool to measure how many taken.

1. On an iPhone, open the “Health” icon. It might look like this:



2. Under “Health Categories”, click “Activity”. It might look like this:



3. There are various charts available on other mobile devices to track your activity. Bring the device with you so it can record your “Walk-n-Roll”!
4. After your “Walk-n-Roll”, record your steps on the attached worksheet, or make your own!

Note: There are apps available online that are more simple pedometer tools, including “Map My Run.” These tools are not FCPS approved and should only be used as a fun activity to try with adult supervision.

Pedometer Tracking Chart

Name: _____

Daily Step Goal: _____

Date	Number of Steps

[illegible]

Pedometer Tracking Chart

How far did I go?

The average elementary-age student's step is two feet per step.

Let's use math to measure how many miles you walked.

Steps	Feet	Miles
660	1,320	$\frac{1}{4}$
1,320	2,640	$\frac{1}{2}$
2,640	5,280	1
3,960	7,920	$1\frac{1}{2}$
5,280	10,560	2
6,600	13,200	$2\frac{1}{2}$
7,920	15,840	3
9,240	18,480	$3\frac{1}{2}$

I took _____ steps, which means I walked _____ feet (steps x 2).

_____ feet are about _____ **miles!**

Teacher Example:

I took 4,110 steps, which means I walked 8,220 feet.

(4,110 x 2 = 8,220)

8,220 feet is about **1 ½** miles!