

Report on Walking Activity from StepWatch Study

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|--|---------------------------|---------------------------|------------------------|---------------------|
| File Name: Demo Data | Activity Category | Mins./Day (on average) | Percent Active Time | Percent All Time |
| Average Steps per Day (right leg only) 5843 | High (40+ steps/min) | 53 | 16.0 % | 3.7 % |
| | Moderate(16-40 steps/min) | 58 | 17.3 % | 4.0 % |
| | Low (1-15 steps/min) | 224 | 66.9 % | 15.6 % |
| | Inactive(0 steps/min) | 1103 | - | 76.7 % |

