
Worksheet 3. Compare Your Devices

Use two devices in the same session, or compare one device with a home reference (Chapters 2, 7). $\text{Gap} = (\text{larger} - \text{smaller}) \div \text{smaller}$. The example is Elif's Pilates class (Chapter 7): $(640 - 310) \div 310 = 106\%$.

Date	Activity	Number	Device 1	Device 2 or reference	Gap
<i>e.g.</i>	<i>Pilates</i>	<i>Active calories</i>	<i>640</i>	<i>310</i>	<i>106%</i>
	Pulse counted 60 s, sitting	Heart rate			
	500 steps, counted	Steps			
	Brisk walk	Active calories			
	Weights or yoga	Heart rate			
	Weights or yoga	Active calories			
	Cuff reading	Blood pressure			

Home references: your pulse counted for 60 seconds (Ch. 2); steps you count; a chest strap (Ch. 4); a validated cuff monitor (Ch. 11).

What I learned:
