

Measuring Efficiency using a Pedometer

This method works when assessing a before and after a change in organizing materials on a unit, as with a 5 S process, or to baseline and then re-measure efficiency.

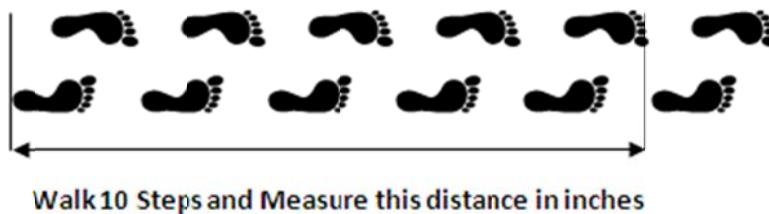
How to set up a Pedometer

- A. If you are measuring steps, simply set the pedometer to count steps. Be certain to reset the counter between each use.**

How to wear your pedometer:

Wear your pedometer above your hip, not near your belly button. Always wear it on a waistband or belt, and to reinforce your pedometer & make sure you don't lose it, feel free to tie something with an alligator clip to your pedometer.

- B. If you are measuring distance, you must input the persons stride length.**



Finding stride length:

1. Walk 10 steps at a normal pace
2. Measure the distance as illustrated above
3. Calculate your stride length by dividing the distance in inches by 10.
4. Enter this number in the pedometer (when the pedometer is set to measure distance in miles or kilometers)

- C. You only need to enter body weight if calorie burning is measured (probably not the aim of the measurement on the unit)**

HOW TO USE THE PEDOMETER SETTINGS:

1. The 'R' button will reset your steps from the previous day- don't press it until you've recorded your steps for the day!
2. Then press the right "M" button until the Mode of measurement appears (steps, distance, calories).
3. 'S' button is 'SET'. Use it to enter stride length – press the left "S" button until a number and an "L" appear.
4. To enter stride length "S" button will cause the number to flash, then use the R button to input your stride length in inches. Now you are all set to start tracking your steps!

How to check your steps, miles or calories burned:

Use the 'M' button to switch views. The mode will change to steps, kcal, miles, or km to tell you how many calories burned or distance traveled.