

How Pedometers HELP



Research Methods

Students, describe how you and your class collected data. Include the tools you used, what research (such as setting goals) activities you did and how long those activities took.

Hypothesis

Here you discuss the hypotheses, how you developed your hypotheses, and what your findings were. What did the class learn about class, family, and individual activity patterns?

Findings: How We Increased Our Step Count

Describe some of the strategies that worked and some that didn't. What were your favorite and least favorite?

Recommendations: How Others Can Move More

How do you think others could do the same experiment? What suggestions do you have on how it could be improved, or who else could do it?