

Table 3. Average steps/day for the week (Monday – Sunday)

	ActiGraph		Fitbit	
	Median(range)	N - number of participants	Median(range)	N - number of participants
Steps <5000	4172 (1953-4795)	18	3038 (1947-4855)	8
Steps 5000 – 7499	5898 (5097-7368)	29	6892 (5108-7483)	25
Steps 7500 - 9999	8323 (7556-9922)	17	8509 (7591-9778)	16
Steps >10000	11498 (10271-18668)	18	13798 (10114-24554)	38