

PACES PER METER WORKSHEET

- Step 1 Using a measuring device of a known length that is a *minimum of 5 meters* (if you are a marine debris participant, use the measuring rope), stretch it out and orient it in the direction you will walk. Enter the length of your rope (in meters) or other measuring device in the first box below.
- Sept 2. Starting with your toes up at one end of the measuring rope, walk the length counting your paces as you go. Remember, *walk* don't stride! Enter your count in the second line below, first box.
- Sept 3. Repeat Step 2 twice, entering these counts in the next two boxes.
- Step 4. Average your pace count. Simply add all three pace counts together and divide by 3.
- Step 5. Convert from paces to paces per meter by dividing your average number of paces by the length of the measuring device you walked. Round to the nearest single significant digit (one past the decimal point). Enter this number in the final box.

Remember that every person will have a different measurement of paces per meter, so make sure that you know your own value.

		<input type="text"/>	Length of Measuring Device (m)
<input type="text"/>	<input type="text"/>	<input type="text"/>	Number of Paces You Made for Each of 3 Passes
		<input type="text"/>	Average Number of Paces
		<input type="text"/>	Paces per Meter

Here is an example:

		<input type="text" value="5"/>	Length of Measuring Device (m)
<input type="text" value="12"/>	<input type="text" value="11"/>	<input type="text" value="12"/>	Number of Paces You Made for Each of 3 Passes
$12 + 11 + 12 = 35$			
$35 / 3 = 11.6$			
		<input type="text" value="11.6"/>	Average Number of Paces
$11.6 / 5 = 2.3$			
		<input type="text" value="2.3"/>	Paces per Meter

Use this worksheet to determine your paces per meter. Be sure to let COASST know this value via email, mailing the worksheet, or updating your profile on our website.