ANSI/CTA Standard

Physical Activity Monitoring for Fitness Wearables: Step Counting

ANSI/CTA-2056

October 2016
NOTICE

Consumer Technology Association (CTA)™ Standards, Bulletins and other technical publications are designed to serve the public interest through eliminating misunderstandings between manufacturers and purchasers, facilitating interchangeability and improvement of products, and assisting the purchaser in selecting and obtaining with minimum delay the proper product for his particular need. Existence of such Standards, Bulletins and other technical publications shall not in any respect preclude any member or nonmember of the Consumer Technology Association from manufacturing or selling products not conforming to such Standards, Bulletins or other technical publications, nor shall the existence of such Standards, Bulletins and other technical publications preclude their voluntary use by those other than Consumer Technology Association members, whether the standard is to be used either domestically or internationally.

Standards, Bulletins and other technical publications are adopted by the Consumer Technology Association in accordance with the American National Standards Institute (ANSI) patent policy. By such action, the Consumer Technology Association does not assume any liability to any patent owner, nor does it assume any obligation whatever to parties adopting the Standard, Bulletin or other technical publication.

This document does not purport to address all safety problems associated with its use or all applicable regulatory requirements. It is the responsibility of the user of this document to establish appropriate safety and health practices and to determine the applicability of regulatory limitations before its use.

This document is copyrighted by the Consumer Technology Association (CTA)™ and may not be reproduced, in whole or part, without written permission. Federal copyright law prohibits unauthorized reproduction of this document by any means. Organizations may obtain permission to reproduce a limited number of copies by entering into a license agreement. Requests to reproduce text, data, charts, figures or other material should be made to the Consumer Technology Association (CTA)™.

(Formulated under the cognizance of the CTA **R6.4 Health & Fitness Technology Subcommittee**.)

Published by
©CONSUMER TECHNOLOGY ASSOCIATION 2016
Technology & Standards Department

www.cta.tech

All rights reserved
FOREWORD

This standard was developed by the Consumer Technology Association’s Health and Fitness Technology Subcommittee.
CONTENTS

1 Scope ......................................................................................................................................................... 1

2 References ................................................................................................................................................ 1
   2.1 Informative References .................................................................................................................... 1
      2.1.1 Informative Reference List ......................................................................................................... 1
   2.2 Compliance Notation ........................................................................................................................ 2
   2.3 Definitions ......................................................................................................................................... 2

3 Testing Conditions ................................................................................................................................... 2
   3.1 Setup and Configuration .................................................................................................................. 2
   3.2 Speed ................................................................................................................................................. 2
   3.3 Test Start Time .................................................................................................................................. 3
   3.4 Participant Considerations during Testing .................................................................................... 3
   3.5 Test End Time ................................................................................................................................... 3
   3.6 Performing the Test .......................................................................................................................... 3
   3.7 Verification of Test ........................................................................................................................... 3

4 Metric ......................................................................................................................................................... 3
   4.1 Units ................................................................................................................................................... 3

5 Accuracy ................................................................................................................................................... 3

6 Test Report ............................................................................................................................................... 4
   6.1 Step Count Accuracy ....................................................................................................................... 4
Physical Activity Monitoring for Fitness Wearables
Step Counting

1 Scope

This standard creates definitions and performance criteria for measuring step counting on consumer wearable or app-based Physical Activity Monitoring Devices.

2 References

2.1 Informative References

The following references contain provisions that, through reference in this text, constitute informative provisions of this standard. At the time of publication, the edition indicated was valid. All standards are subject to revision, and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent edition of the standard indicated below.

2.1.1 Informative Reference List