

"Steps" data collection guide

Penny Fan

Introduction

This project collects data to analyze how college students' lives change after all physical classes were canceled due to COVID-19.

The quantitative data comes from the “Health” app for apple users (or similar apps for android users) that counts the number of steps one takes throughout the day. **The qualitative data** includes the participant's location(s), what their schedules are like, etc.

There are **2 time periods** to this data: “before” is when the participant was still having normal college life, “after” is when the participant started quarantine life

Survey

There are **2 parts** to this survey, but it shouldn't take you more than 5 minutes to finish both

Google form links:

["Steps" data collection 1 \(before\)](#)

["Steps" data collection 2 \(after\)](#)

If you have trouble accessing the data from the "Health" app, reference the guide after this slide

Guide

*using “Health” app as the example here



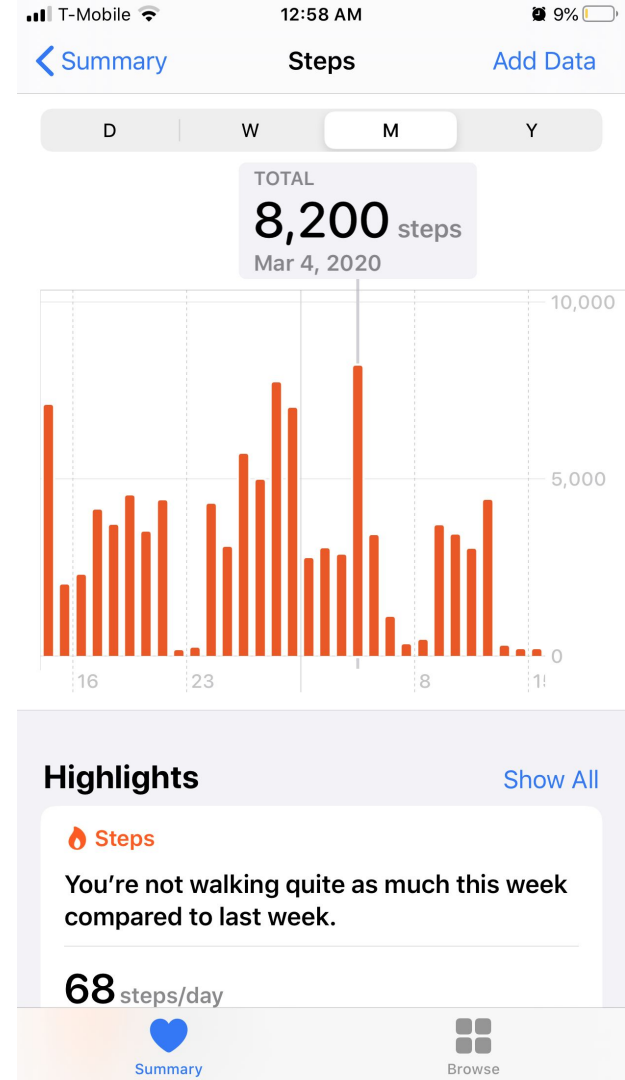
1. Open up the app and go to “steps”
2. Identify your **switchover date**: the day when your normal college life officially ends and quarantine life starts (can be before or after relocation)
3. Click on month and drag the graph so that the date ends on your switchover date (ex. Mar 15)
4. Record the average number **3,304 steps** as the answer to question no. 1



Guide

4. Find the highest bar and click on it, it will show you the date and the number of steps you took that day

Record **8,200 steps** and **Mar 4** as answers to question no. 2 and 3



Guide

5. Don't do anything to the graph, click on "D"(day) and it will show you the specifics on that day



Guide

6. Click on the highest bar again and record **11AM - 12PM** as the answer to question no. 4

Rest of the questions can be done in a similar fashion

