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|  **Walking Function 2 Start at 0 meters** 0seconds Heel to toe (forward) 5 seconds Walk forward 10 seconds Jog in place 15 seconds Walk backward 20 seconds End |
|  **Walking Function 4 Start at 5 meters** 0 seconds Toe to heel (backward) 5 seconds Heel to toe (forward) 10 seconds Heel to toe (forward) 15 seconds Toe to heel (backward) 20 seconds End |
|  **Walking Function 1 Start at 0 meters** 0seconds Heel to toe (forward) 5 seconds Jog in place 10 seconds Heel to toe 15 seconds Walk forward 20 seconds End |

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|  **Walking Function 3 Start at 0 meters** 0 seconds Walk forward 5 seconds Heel to toe (forward) 10 seconds Side of shoe-side of shoe 15 seconds Jog in place 20 seconds End |
|  **Walking Function 5 Start at 0 meters** 0 seconds Jog in place 5 seconds Side of shoe-side of shoe 10 seconds Heel to toe (forward) 15 seconds Walk forward 20 seconds End |
|  **Walking Function 6 Start at 8 meters** 0 seconds Heel to toe (forward) 5 seconds Walk backward 10 seconds Heel to toe (forward) 15 seconds Walk backward 20 seconds End |