

**CHAPTER**  
**4** **Project**  
**Is That Your Foot?**

**Activity 1: Walk-a-thon** Use after Lesson 4-4

By measuring how far you can walk in 1 minute, you can make predictions about how far you can walk in longer periods of time.

1. Use a stopwatch to time yourself as you walk for 1 minute. Walk comfortably without rushing. Measure the distance you walked in feet.

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2. Multiply the distance by 60 to estimate how many feet you can walk in 1 hour. Then convert feet to miles to find your walking rate in miles per hour.

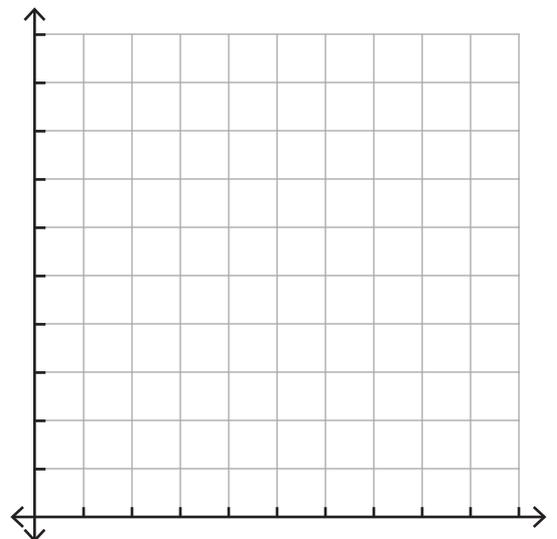
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3. The function  $y = rx$  describes the distance  $y$  in miles you can walk in  $x$  hours, where  $r$  is your rate in miles per hour. Rewrite this function using your rate from Problem 2.

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4. Use the function to make a table of ordered pairs. Then graph the ordered pairs. Draw a line through the points to show all the ordered pairs that satisfy the function.

$x$	$y = rx$	$(x, y)$
1		
3		
5		
7		
9		



5. Use your graph to predict how far you could walk in an 8-hour walk-a-thon.

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