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Algorithm:
/initialize the flags and set Previous_Sum =0

    //Get the x,y,z values of accelerometer.

    v1 = sensorEvent.values[0];
    v2 = sensorEvent.values[1];
    v3 = sensorEvent.values[2];

    //Compute the sum

    sum = v1 + v2 + v3;

    if (sum < Previous_Sum) // When the Phone moves up
        then Phone direction is UP
    else if (sum > Previous_Sum) // When Phone goes down
        then phone direction is DOWN

    if (CurrentDirection is opposite to PreviousDirection)

        // Direction change
    {
        if (Phone is moving Down) {
            Then get the last value when the phone was
            moving Up from PreviousSum.

            Set MovedUp

        } else if (Phone is moving Up) {
            Then get the last value when the phone was
            moving Down from PreviousSum.

            Set MovedDown
        }

        if (MovedUp and MovedDown are Set ) {
        //Assuming the in a step your legs will move up and down

            if (difference between extremes of UP and Down is greater
            than > DIFFERENCE) {

                //Step has been taken
                //Add the calorie Burnt by taking into account
                the Step length(Set to 20inches) ,the weight of the user(Entered when
                creating the profile)

                }

                Reset MovedUp and MovedDown
            }
        }
    PreviousDirection = CurrentDirection;
    Previous_Sum = sum;

    }
}

```