

# How to Use Your Pedometer

## What is a pedometer?

A pedometer is a small device that counts the number of steps you take and can give you a good idea of how active you are. Counting your steps can help motivate you to walk. You can also set goals for yourself and track your progress.

## Getting Started

- Some pedometers have a pedometer leash (string). This can prevent the pedometer from falling to the ground should it become dislodged from your waistband.
- Clip the pedometer (and leash, if your pedometer has one) to your waistband. The best place to put it is on your waistband on your side, directly above your knee. This will give you the most accurate reading.
- Make sure that your pedometer is secure and upright, rather than tilted.
- Hit the “reset” button. It should read “0” when you start.
- Test your pedometer by walking 50 steps. If it is off by more than a few steps, put it at a different place on your waist and try again.
- To get a baseline number, keep track of your steps before the program begins. Your team leader will let you know how many days to do this. Write your daily steps on the tracking sheet for those days.
- Set a goal for the first week. For example, try to add 300 or 500 steps every day to your baseline number. Each day, write down how many steps you take. Total the steps that you walked each week. Check how well you do from week to week.
- Remember to reset your pedometer each day.
- Have fun counting your steps!

## Pedometers sponsored by the North Dakota Department of Health

Pedometers sponsored by the North Dakota Department of Health are good quality and easy to use. They retail for \$25. If you request pedometers from the NDDoH, please request only the amount that will be given to walkers participating in your walking program.