

# Take **Steps** for Healthier Lives



## How to use **PEDOMETER**

For best results, clip the pedometer firmly at your waist so it sits above the center of your knee. NOTE: If the pedometer is tilted, the step count may be under-recorded because the pendulum may not function properly. At the beginning of each day, press RESET to reset Steps to 0.

## How to use **WALKING LOG**

**STEP 1** – Determine your baseline. Track the number of steps you take for one week and identify your lifestyle physical activity baseline. Remember: Baseline is to be representative of your **normal** activities during the week. Do not try and increase your steps during baseline. Clip on your pedometer in the morning and do not check it until you are ready to take it off for the day.

**STEP 2** – Determine **AVERAGE** number of daily steps taken at the end of each week. Add together steps recorded for each day and divide by the number of days steps were recorded.

**STEP 3** – Set a goal for the number of steps to be taken each day by increasing your average daily steps by 500 steps. Enter your average daily steps **GOAL** into the last column. For example, if you averaged 3,000 steps in the Baseline phase you would enter 3,500 into the last column for Week 1. Continue to increase your average daily steps by 500 each week and you should be averaging 10,000 steps by the end of 14 weeks.

Week	MON	TUE	WED	THU	FRI	SAT	SUN	Average	GOAL
Example	2,500	3,000	3,000	3,500	2,000	4,000	3,000	3,000	3,500
Baseline									
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									

**It takes roughly 2,000 steps to walk a mile.** The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile and 10,000 steps is close to 5 miles.

NOTE: The number of steps will vary with individual walking patterns.

### How active are you?

- 10,000 steps each day (active)
- 5,000 to 7,000 steps each day (moderately active)
- 2,000 to 4,000 steps each day (inactive)

Name of Walker: \_\_\_\_\_