

Log Your Steps!

	Date							
	Baseline Steps	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
WEEKLY TOTAL								
DAILY AVERAGE								
Steps needed per day for 10% increase								

	Date							
	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Keep going!
Sunday								
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
WEEKLY TOTAL								
DAILY AVERAGE								
Steps needed per day for 10% increase								

Keep a pencil and this log wherever you take your pedometer off for the night. Record your steps daily on this sheet and then type your steps into the database every week to get your increase needed for the next week.

Name: _____



Sample Walking Log

	Date							
	Baseline Steps	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Sunday	4,203	5,044	6,052	6,428	7,854	7,991	6,979	8,005
Monday	4,709	3,582		5,985		5,822	7,853	7,759
Tuesday	3,928	6,011	6,788	3,774	4,443		6,901	
Wednesday	4,205	4,324	5,469		5,942	6,842	5,863	3,877
Thursday	5,007	4,098	4,654	4,656	6,855	6,605	4,096	5,908
Friday	3,972	3,279	4,821	6,877	3,967		6,517	6,775
Saturday	4,334	6,781	6,398	7,689	6,908	5,600	8,927	9,581
WEEKLY TOTAL	30,358	33,119	34,182	35,409	35,869	32,860	47,136	41,905
DAILY AVERAGE	4,337	4,731	5,697	5,902	5,978	6,572	6,734	6,984
Steps needed per day for 10% increase*	4,771	5,204	6,267	6,492	6,576	7,229	7,407	7,682

1 mile = 1,800 to 2,200 steps

***If you are already getting 10,000 steps per day, try to maintain this and increase as time permits.**

To calculate Daily Average: Divide WEEKLY TOTAL by the number of days that you logged during the week

To calculate 10% increase: Multiply DAILY AVERAGE by .10

Example:

$30,358 / 7 = 4,337$ average steps for the baseline week

$4,337 \times .10 =$ an average of 4,771 steps are needed each day to reach the goal of a 10% increase