



Step Up To Fitness Step Tracker

Baseline Steps: _____

Date: _____

Week	Goal for This Week (Steps per Day)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Daily Average <u>Total # Steps</u> 7 Days
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									
17									
18									
19									
20									

Step Tracker Instructions:

Identify Your Baseline Steps

- Wear your pedometer for 3 consecutive days, with at least 1 of the days being a Saturday or Sunday.
- Log your three days of steps, calculate your average to determine your baseline steps. This is the starting point to setting your goals to increase your steps:

$$\text{Day 1} + \text{Day 2} + \text{Day 3} = \text{Total Steps} / \text{Divided by 3} = \text{BASELINE}$$

Tracking Your Steps

- Each morning, reset your pedometer to “zero.” Keep it closed and attached to the front of your waist.
- Wear it all day. Check your steps throughout the day for motivation to reach your daily goal.
- At night, record the number of steps you’ve taken on the Step Tracker.

Setting Goals

- Each week, determine your new goal for the number of steps per day based on boosting your daily average by 20%.
 - For example, if your baseline average is 3000 steps a day, set a goal for 3600 steps a day in week two. You can determine how fast you want to progress. If reaching 3600 steps a day is difficult at first, keep working on it until you are able to sustain it with relative ease. Then increase again by 20%.
 - If 20% is too easy, try adding in increments of 1000 to 2000 steps a day to your previous weekly goal.
- Once you reach 10,000 steps a day, most days of the week, you are successfully meeting the exercise recommendations for good health (from the Centers for Disease Control and the American College of Sports Medicine).

Tips for Using the Step Tracker

- Choose the same time every day to set or reset your pedometer.
- Wear your pedometer all day.
- Keep your Step Tracker in the same place to record your steps, or use an online tracker on the Web, such as America on the Move (see sidebar).
- For proper placement, wear it on the frontside of your hip right above your knee.

Fun Ways to Add Steps

Walk to work ▪ Take BART and walk to your destination ▪ Park in the farthest space from a building’s entrance ▪ Walk to lunch ▪ Take a meeting outdoors to “walk and talk”
▪ Take the stairs ▪ Walk to your co-worker’s workstation instead of sending an email ▪ Walk to the store ▪ Walk your child to school ▪ Walk the dog ▪ Take walks after dinner ▪ Take a 5 or 10 minute walking break during your workday
▪ Take walking tours of historic sites ▪ Take a walking tour of your neighborhood ▪ Race walk with your children (give youngsters a head start) ▪ Walk to do your errands ▪ Walk to the mailbox or post office ▪ Get a walking buddy ▪

* **America on the Move** at www.americaonthemove.org is a national initiative dedicated to helping individuals and communities across our nation make positive changes to improve health and quality of life. This site can help you achieve your health goals, providing you with online tools to help you set goals and track your progress with fitness and nutrition. The website is free to all users, individuals and groups.