

How to Use Your Pedometer

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: $Day 1 + Day 2 + Day 3 = Total Steps / Divided by 3 = BASELINE$

Setting Your Goals to reach 10,000 steps a day

- Starting with your baseline number of steps, determine each week's goal for the number of steps based boosting your daily average by 20%.
For example: if your baseline average is 3000 steps per day, set a goal to increase how much you walk the following week to 3600 steps per day.
- If 20% is difficult, then stay at a certain number until you are able to sustain walking with relative ease. Then increase your steps 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 or more steps a day on average, you are successfully meeting the exercise recommendations for good health.
- Also see: [Make Every Step Count](#)- reprinted from Walking Magazine with permission, this is an excellent article about pedometer use and the benefits of walking.
- Wear the pedometer all day. Keep it closed and attached to the front of your waist. For proper placement, wear it on the front side of your hip, on the waistline, aligned above the knee. Check your steps throughout the day for motivation to reach your daily goal.
- Choose the same time every day to set or reset your pedometer.
- In the evening, record the number of steps you've walked on your choice of tracking options.
- Each morning, reset your pedometer to "zero."