



# Using Your Pedometer



## Week 1

Wear the pedometer to measure your normal activity – you may be surprised by the number of steps you already do. Record the results below.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
steps	steps	steps	steps	steps	steps	steps

## Weeks 2 – 12

Try to increase your steps by 250 – 500 steps per day, every week, depending on your mobility.

For instance, if you did 4500 steps per day in week 1, try to increase to 5000 steps per day in week 2, 5500 in week 3 and so on. Record how many steps you did below

Week	Daily Target	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2		steps	steps	steps	steps	steps	steps	steps
3		steps	steps	steps	steps	steps	steps	steps
4		steps	steps	steps	steps	steps	steps	steps
5		steps	steps	steps	steps	steps	steps	steps
6		steps	steps	steps	steps	steps	steps	steps
7		steps	steps	steps	steps	steps	steps	steps
8		steps	steps	steps	steps	steps	steps	steps
9		steps	steps	steps	steps	steps	steps	steps
10		steps	steps	steps	steps	steps	steps	steps
11		steps	steps	steps	steps	steps	steps	steps
12		steps	steps	steps	steps	steps	steps	steps