



Pedometer Instructions

Tracking Your Steps

- Reset the pedometer each morning.
- Keep the pedometer closed and attached to your waistband.
- Use the security strap to prevent dropping the pedometer.
- Wear the pedometer all day.
- Check your steps periodically for motivation to reach your daily goal.
- Record your steps at the end of each day.

Identifying Your Baseline

- Wear the pedometer for 3 to 7 days including at least one non-work day.
- Calculate the average number of steps per day to determine your baseline.

$$\text{Day 1} + \text{Day 2} + \text{Day 3} + \text{etc...} = \text{Total Steps} / \# \text{ of Days} = \text{Baseline}$$

Tips for Using the Pedometer

- Reset the pedometer at the same time everyday.
- Wear the pedometer on the front side of your hip directly above your knee.

Use the following chart to record your daily steps and determine your baseline:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Number of Steps							
+ Other Activity							
= Total Steps							

Minutes to Steps Conversions

Activity	Steps / Min.
Cycling	150
Rollerblading	200
Skiing	150
Swimming	150
Weight Training	100

Add up your total number of steps including converted steps from other activity.
 Divide by the number of days you wore the pedometer.

This number is your baseline: _____