



Step Tracking Sheet

Name: _____ Date: _____

1. Enter your daily steps into the chart.
2. Find your *baseline*: the first week, simply wear the pedometer without trying to increase your steps. Your baseline is the average per day from the first week. It is the starting point to setting weekly goals.
3. Set weekly goals. We recommend that you add 500 steps to your baseline for your goals. For example, if your baseline is 4,000 steps, try to reach 4,500 steps per day during the next week. Attempt to add another 500 steps each week. As reaching your step goal becomes easier, challenge yourself to set higher goals.

Remember, the goal of the program is to increase activity in small steps!

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weekly Goal						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Weekly Total						
Average						

	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Weekly Goal						
Sunday						
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Weekly Total						
Average						

Minutes to Steps Conversions

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