

PEDOMETER WALKING PROGRAM

Using a pedometer to measure the number of steps you take in a day is a good way to start a physical activity program and a good way to track your progress. On average, a moderately active person will walk 5,000 to 7,000 steps in a day, which is the equivalent of about 3 miles of walking (2,000 to 2,500 steps equals about 1 mile.). The goal you choose at 4-weeks, 6-weeks, 8-weeks or longer is up to you and will depend on your starting point and lifestyle. If you are 35 year of age or older or have any health concerns about starting or increasing your physical activity level, talk to your doctor before beginning a new physical activity program.

Week 1 Baseline: Record your steps daily. At the end of the week, add up your steps for the 7 days and divide by 7 to get a daily step average or baseline.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today							

Total Steps for Week 1 _____ ÷ 7 = _____ Daily Step Average/Baseline

Would you like to set a Goal? Now that you know your baseline number of steps, do you want to set a step goal for some point in the future? If yes, pick a date in the future and right in your daily step goal here.

Goal: _____ steps per day by _____ (date).

To build up your steps and endurance, you should gradually increase the number of steps you walk each week. How much you increase is up to you, but this walking program suggests that you increase your walking by 500 steps per day. For example, someone who has a baseline number of 2,000 steps should try to walk 2,500 steps per day in Week 2. Using this method to project your goal for Week 3 and beyond, you would add 500 to 2,500 (Week 2) and 3,000 steps per day is your goal in Week 3 (2,500 + 500), 3,500 in Week 4 (3,000 + 500) and 4,000 in Week 5 (3,500 + 500). Using this progression, this person could double their distance in 5 weeks.

You can use a smaller target for the number of steps you add each week. For example, increase the daily total at the end of a week by 300 steps instead of 500 steps or stay at a goal for more than one week if you think the progression is too rapid for you. You could also increase the added steps (ex: 500 to 700) if you want to progress more quickly. It's solely up to you and you should progress at a pace that's comfortable for you until you reach your goal.

Week 2: Gradual increase (500). Add 500 to your daily step average/baseline from Week 1 to use as your Week 2 target. (Tip: During the day take short stretching and walk breaks.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today							

Week 2 Target: _____ Total steps for Week 2 _____ ÷ 7 = _____ Average steps for Week 2.

Week 3: Gradual increase (500). Add 500 to your daily step average from Week 2 to use as your Week 3 target. (Tip: Look for easy ways to increase your steps like taking the stairs, parking farther away, etc.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today							

Week 3 Target: _____ Total steps for Week 3 _____ ÷ 7 = _____ Average steps for Week 3.

Week 4: Gradual increase (500). Add 500 to your daily step average from Week 3 to use as a Week 4 target. (Tip: You are going to have to work harder now to increase your steps. If you haven't done so already, recruit a walking partner or group. Walking with others will help motivate you on days you are busy or don't feel like walking.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today							

Week 4 Target: _____ Total steps for Week 4 _____ ÷ 7 = _____ Average steps for Week 4.

Week 5: Gradual increase (500). Add 500 to your daily step average from Week 4 to use as a Week 5 target. (Tip: Make short walking trips instead of taking the car. Walk for 15-45 minutes during your lunch period.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today							

Week 5 Target: _____ Total steps for Week 5 _____ ÷ 7 = _____ Average steps for Week 5

Continue your program until you reach your goal. You may want to modify your goal during this program or reset your goal once you reach it. There are a number of programs that use 10,000 steps per day as a fitness goal. This may not work for all individuals. The recommended minimum level of moderate physical activity is at least 30 minutes of activity, at least 5 times per week. In a pedometer program, 4,000 to 5,000 steps translates into 30 minutes of activity. Higher step levels will increase fitness and will also help with weight loss or weight maintenance.

Just about any pedometer will serve as a basic way to track steps. However, if you're looking for a more accurate measurement or want additional features such as distance, calorie expenditure, etc. then you may want a more sophisticated pedometer. For more information on choosing a pedometer for its accuracy and list of features, visit the following Website <http://walking.about.com/cs/measure/tp/pedometer.htm>.

If at some point you become bored with this walking program, there are several walking programs that have a variety of ideas to spice up your walking schedule. Additional ideas can be found at: <http://walking.about.com/cs/measure/tp/pedometerprog.htm>.

If you want to expand and track your physical activity program beyond walking, check out the physical activity log at <http://dhs.wisconsin.gov/forms/F4/F40073.pdf>.

MONTHLY PHYSICAL ACTIVITY SHEET

Month _____

Name _____

Point Goal _____

- 1 Point/4 min**
 Bicycling >16 mph
 Handball, Squash, Racquetball
 Rowing-vigorous
 Running > 7 mph
 X-C skiing – racing

- 1 Point/5 min**
 Boxing/sparring
 Football
 Martial arts
 Rope jumping
 Running, 6 mph
 Soccer -vigorous
 Swimming - vigorous
 X-C skiing – vigorous

- 1 Point/6 min**
 Basketball – game
 Bicycling 12-15 mph
 Bicycling stationary
 Calisthenics-vigorous
 Carrying heavy loads
 Circuit training
 Hockey
 Rock climbing
 Running, 5 mph
 X-C skiing–moderate
 Snow shoeing
 Swimming–moderate
 Tennis, singles
 Volleyball, beach
 Walking upstairs

- 1 Point/10 min**
 Aerobic – general
 Backpacking/hiking
 Bicycling 10-12 mph
 Canoeing - moderate
 Dancing – aerobic, fast
 Jet-skiing, water
 Jogging < 5 mph
 Moving boxes
 Rowing – moderate
 Shoveling snow
 Skating – vigorous
 Skiing-moderate
 Sledding
 Soccer – moderate
 Swimming-leisure
 Tennis – doubles
 Weight lifting-vigorous
 Walking – brisk, 4 mph

Date	Activity	Length of Time	Points	Sub-total
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
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28				
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30				
31				

- 1 Point/12 min**
 Badminton
 Basketball – shooting
 Construction/remodel
 Dancing
 Golf – without cart
 Health Club – general
 Housework – vigorous
 Hunting
 Kayaking
 Mowing lawn –walking
 Play w/kids – vigorous
 Skate/Roller blade
 Softball or Baseball
 Volleyball – vigorous
 Yard work, raking etc.

- 1 Point/15 min**
 Archery
 Auto Repair
 Bicycling <10 mph
 Bowling
 Canoeing – light
 Golf – using motor cart
 Home repair–carpentry, Plumbing, etc.
 Horseback riding
 Housework – cleaning
 Music–vigorous, drums
 Play w/kids – moderate
 Sailing/sail board
 Snowmobiling
 Stretching, Yoga
 Table tennis
 Walk – moderate 3 mph
 Water Aerobics
 Weight Lift – moderate

- 1 Point/20 min**
 Billiards/pool
 Cooking
 Fishing
 Mowing lawn – riding
 Music playing –general
 Playing catch
 Play w/kids – light
 Walking – slow 2 mph
 Yard games – Croquet, frisbee, darts, etc

Total Points

Approximate calories burned during activity
 1 point = 40 calories for a 105 pound person
 1 point = 50 calories for a 130 pound person
 1 point = 60 calories for a 155 pound person
 1 point = 70 calories for a 180 pound person
 1 point = 80 calories for a 210 pound person
 1 point = 90 calories for a 235 pound person
 1 point = 100 calories for a 260 pound person
 Resting Metabolic Rate = about 1 to 2 points/hr

Multiply by calories/point (see weight chart) x _____

Total calories burned this month