

Pedometer Challenge

Weekly Log

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Weekly Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								

Goals	
Daily	Weekly

Step 1: Decide on your daily and weekly goals.

Step 2: Clip your pedometer on your waist half way between your hip and belly button, and start walking!

Step 3: At night write down your total steps for the day on the above chart.

Step 4: Reset the pedometer in the morning and begin day 2!

Pedometer will record steps on
Treadmill, Elliptical and Arc Trainer.
Nu Step: Record displayed steps
Bike: 3 miles = 2,000 steps