

ADULT PEDOMETER STEP TRACKER SHEET

Participant's Name

Date Started

Date Completed

<u>Instructions</u>: Record the number of steps and time you walk each day. At the end of each week, add up the total of minutes and steps you walked and compare the totals to the other weeks.

The Physical Activity Guidelines for adults (18+ years) is **150 min per week** (or 30 min per day 5 days per week) of moderate to vigorous physical activity and should include muscle and bone strengthening activities 2 or more days per week¹.

A minimum of 10,000 steps per day is recommended for health. Approximately 2000 steps = 1 mile.

WEEK 1	Day	# of Minutes	# of Pedometer Steps
	Sunday		
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Total		

WEEK 2	Day	# of Minutes	# of Pedometer Steps
	Sunday		
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Total		

WEEK 3	Day	# of Minutes	# of Pedometer Steps		Day	# of Minutes	# of Pedometer Steps			
	Sunday					Sunday				
	Monday					Monday				
	Tuesday	ау			X 4	Tuesday				
	Wednesday			MEFK	EE	Wednesday				
	Thursday				~	Thursday				
	Friday					Friday				
	Saturday	20				Saturday				
	Total					Total				

California's CalFresh Healthy Living, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material. These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.

¹U.S. Health and Human Services: CDC PA Guidelines for Americans: <u>https://health.gov/paguidelines/</u>