

ADULT PEDOMETER STEP TRACKER SHEET

Participant's Name _____

Date Started _____

Date Completed _____

Instructions: 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
	Sunday		
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Total		

WEEK 4	Day	# of Minutes	# of Pedometer Steps
	Sunday		
	Monday		
	Tuesday		
	Wednesday		
	Thursday		
	Friday		
	Saturday		
	Total		

