

**YOUTH 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 children and adolescents (6-17 years) is* ***60 min******per day*** *of moderate to vigorous physical activity and should include muscle and bone strengthening activities1.*

*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**  |  |  |

