



YOUTH 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 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.

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

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

	Day	# of Minutes	# of Pedometer Steps
	Sunday		
	Monday		
K 3	Tuesday		
WEEK 3	Wednesday		
8	Thursday		
	Friday		
	Saturday		
	Total		W :

	Day	# of Minutes	# of Pedometer Steps
	Sunday		
	Monday		
۲ 4	Tuesday		
WEEK 4	Wednesday		
3	Thursday		
	Friday		
	Saturday		
P	Total		



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