

## YOUTH PEDOMETER STEP TRACKER SHEET

## **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 activities<sup>1</sup>.

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		



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 the <u>CalFresh Healthy Living</u> website.