

Name:

Well done, you've just taken an important step towards walking more!

Step record sheet:

- Count your daily steps
- Work out your daily average for each week
- Set your new daily step target
- Check your daily progress
- Try to increase your average daily step count by 10% per week

How many steps a day:	
Below 2,500	Go for more
2501-5000	Getting better
5001-7500	Warmer
7501-10,000	Glowing!
10,000 plus	Healthy- wow!

	Target daily step count	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total	Average steps
Week 1	0	1829	2335	1989	2514	2695	2443	3641	17446	2492
Week 2	2741	2735	2473	2955	2321	2788	2254	4102	19628	2804
Week 1										
Week 2										
Week 3										
Week 4										
Week 5										
Week 6										
Week 7										
Week 8										

Record sheet devised by the Physical Activity and Health Research Group, Dept of Physical Education & Sports Studies, University of Worcester

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