Tracking Your Steps

Wear your step counter for 3 consecutive days, with at least 1 of the days being a Saturday or Sunday.

- Strive to add 2000 or more daily steps over your baseline count and record your results on the calendar log form each day.

- Aim for 100 fewer calories each day and mark the -100 calories box on the calendar log form with an X for each day you achieve this goal.

Day	Steps
1	
2	
3	
Total	
÷3	
=Baseline	

Example

This participant logged 8040 steps and reduced calories by 100 or more.

STEPS 2/29
8040
-100 CALORIES X

- Be sure to enter your steps and calories saved online.

SUN	MON	TUE	WED	THU	FRI	SAT
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