

NAME _____ TEACHER _____ PERIOD _____



Daily Log Sheet

Log the amount of steps from your pedometer read-out each day on the table below. Total them in the space provided.

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Sun										
Mon										
Tues										
Wed										
Thurs										
Fri										
Sat										
TOTAL										

10,000 steps per day for **HEALTH**.

12,000 to 15,000 steps per day for **WEIGHT LOSS**.

For **AEROBIC FITNESS** 3,000 to 6,000 of these steps should be at an increased speed.

The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles

SHOW YOUR TEACHER YOU ARE WEARING A PEDOMETER @ SCHOOL ONE
TIME BEFORE YOU TURN THIS PAPER IN: Number of steps _____ Teacher Initials _____

Get a family member to wear a pedometer along with you for 1 week and receive an extra reward:

Family member's name _____ Write how many steps they took- Mon.____ Tues.____ Wed.____ Thurs. ____ Fri. ____

I verify that the amount of steps recorded here are accurate.

STUDENT SIGNATURE: _____ PARENT SIGNATURE: _____