

Start Here: Baseline Pedometer Activity

A pedometer is a helpful tool to use to improve your fitness level. Research has shown that people who average 10,000 steps a day tend to be healthier than those who average fewer steps.

For this assignment you will do the following:

1. Purchase a pedometer (if you have not already done so) OR download an app such as MyNetDiary GPS Tracker to your smartphone to track distance.
2. Make sure that you are wearing your pedometer properly so that it will count your steps accurately.
 - Your pedometer should be attached to your waistband about half-way between your side and your belly button and in line with your knee.
 - It should always be kept in the horizontal position and remain parallel to the ground.
 - To test that your pedometer is in the right place, reset it to 0 and manually count off 25 steps. Then, take a look at your pedometer. It should reflect no fewer than 24 steps and no more than 26. If it is further off than that, move it slightly and re-try the test until the results more accurately reflect your actual number of steps.
3. Wear your pedometer every day for the week. At the end of the day, record the number of steps you took in the chart below. This week will provide a baseline, so just be active as you would normally. Also, write down any notes to help you remember what you did during each day.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Average for the Week
Number of steps/distance								
Notes about the day								

4. Calculate the average number of steps or distance you took during the week (divide total steps by 7).
5. Answer the following questions:
 - a. Compare the average number of steps you took during the week to the "gold standard" of taking 10,000 steps per day. 10,000 steps is approximately 5 miles.
 - b. Look at the number of steps you took on each day. You will likely find that some days you took more steps or walked a greater distance than others. Use your notes about the day to comment on why you took fewer or more steps or walked a smaller distance on that day. Note any patterns in your step level (e.g. you take more steps or walk a greater distance on the weekend because you have more free time for recreation).