

Challenge Yourself! Pedometer Activity

Now that you have a baseline average number of steps or distance you took during Week 1, your goal for this week is to increase that number.

For this assignment you will do the following:

1. Look at your results from the Intro Pedometer Activity. Set a realistic goal for increasing the number of steps you take this week. Many trainers recommend 2000-4000 step increase at one time, but feel free to set whatever goal you feel is appropriate for you. Note: 2000 steps is approximately 1 mile.

My step goal or distance for this week: _____

2. Wear your pedometer every day for the week. At the end of the day, record the number of steps or distance you took in the chart below. Remember that you are trying to meet or exceed your new step goal each day.

	Mon	Tuesday	Wednesday	Thursday	Friday	Sat	Sun	Average for the Week
Number of steps								
Notes about the day								

3. Calculate the average number of steps or distance you took during the week (divide total steps by 7).

4. Answer the following questions:

a. How well did you do at meeting your goal?

b. What barriers did you find that may have prevented you from reaching your goal (or made it difficult)? How might you overcome these barriers?

c. Look at the patterns in your step level or distances this week. How did they compare to last week's patterns?