Steppin' Out
Pedometer Log

Keep this next to your bed. Every night before you go to bed, write the number of steps shown on your pedometer in the current day on the calendar below. Reset your pedometer and don't forget to wear it tomorrow from the time you get up until bedtime. Try to increase your steps each day until you reach 10,000 to 12,000 steps daily. Then try to maintain that number each day. The goal after eight weeks is to increase your average number of steps by 2000 from week 1 and consume 100 less calories a day.

CHILD'S NAME _____ **Start Date:** _____ **End Date:** _____

Place number of daily steps in each box								
	Sun	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Average**
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								

PARENT'S NAME _____ **Start Date:** _____ **End Date:** _____

Place number of daily steps in each box								
	Sun	**Mon**	**Tues**	**Wed**	**Thurs**	**Fri**	**Sat**	**Average**
WEEK 1								
WEEK 2								
WEEK 3								
WEEK 4								
WEEK 5								