



Step One: Getting Used to the Pedometer

- Clip it on—put the pedometer on a belt, waist-band of shorts/pants, or skirt.
- Make sure it is snug and that the cover is closed.
- Line the pedometer up to your waist.
Pedometers need to be worn on the hip/close to the front of your body
- Wear the pedometer throughout the day until right before bedtime.

Step Two:
**Finding the Average Number of Steps You
Take Each Day**

- Put pedometer on first thing in the morning.
- Press the reset button to make sure the pedometer is on zero.
- Remember to put your pedometer back on if you change clothes during the day.
- Before you go to bed, record the number of steps in your pedometer log.

Step Three: Reaching Your Goal

- **Goal: Try to take an additional 2000 steps each week.**
- **You'll be surprised how easy it is to add steps**