



Walk Your Way to Health

UNIVERSITY OF
Nebraska
Lincoln
Cooperative Extension

ABCs for Good Health

RECORD SHEET

Week	Instructions	Record Steps Taken Daily						
		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1 Dates _____ _____	Wear your pedometer every day. Record the number of steps you normally take on each day. Do not increase your walking in this first week. This will be used to calculate your baseline.							
Baseline (Average Daily Baseline Steps) To calculate your baseline, add the number of steps you took during week 1 and divide by 7. Week 1 Total Steps _____ ÷ 7 = <input type="text"/> steps		After you have calculated your baseline steps, gradually increase your steps as recommended below for each week. Aim for the recommended number of steps for at least 3 or 5 days (as indicated below).						
Week 2 Dates _____ _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps Aim for: 3,000 steps on at least 3 days 3,000-5,500 steps on 3 days 5,500-8,000 steps on 3 days 8,000-10,000 steps on 3 days							
Week 3 Dates _____ _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps Aim for: 3,000 steps on at least 5 days 3,000-5,500 steps on 5 days 5,500-8,000 steps on 5 days 8,000-10,000 steps on 5 days							
Week 4 Dates _____ _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps Aim for: 3,500 steps on at least 3 days 3,500-6,000 steps on 3 days 6,000-8,500 steps on 3 days 8,500-10,000 steps on 3 days							
Week 5 Dates _____ _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps Aim for: 3,500 steps on at least 5 days 3,500-6,000 steps on 5 days 6,000-8,500 steps on 5 days 8,500-10,000 steps on 5 days							
Week 6 Dates _____ _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps Aim for: 4,000 steps on at least 3 days 4,500-7,000 steps on 3 days 7,000-9,500 steps on 3 days 9,500-10,000 steps on 3 days							

			Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 7 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 4,000 steps on at least 5 days 4,500-7,000 steps on 5 days 7,000-9,500 steps on 5 days 9,500-10,000 steps on 5 days							
Week 8 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 5,000 steps on at least 3 days 5,500-8,000 steps on 3 days 8,000-10,000 steps on 3 days 9,500-10,000 steps on 5 days							
Week 9 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 5,000 steps on at least 5 days 5,500-8,000 steps on 5 days 8,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 10 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 6,000 steps on at least 3 days 6,500-9,000 steps on 3 days 9,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 11 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 7,000 steps on at least 3 days 7,500-10,000 steps on 3 days 9,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 12 Dates _____	If baseline was: <2,500 steps 2,500-5000 steps 5,000-7500 steps >7,500 steps	Aim for: 7,000 steps on at least 5 days 7,500-10,000 steps on 5 days 9,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 13 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 8,000 steps on at least 3 days 8,500-10,000 steps on 5 days 9,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 14 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 8,000 steps on at least 5 days 8,500-10,000 steps on 5 days 9,000-10,000 steps on 5 days 9,500-10,000 steps on 5 days							
Week 15 Dates _____	If baseline was: <2,500 steps 2,500-5,000 steps 5,000-7,500 steps >7,500 steps	Aim for: 8,000-10,000steps on 5 days 9,500-10,000 steps on 5 days 9,500-10,000 steps on 5 days 9,500-10,000 steps on 5 days							