

Starting Weight_____	Starting blood Sugar_____	Starting Steps_____
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Goal per day_____

# of Steps	Weekly Totals
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	M	T	W	Th	F	Sat	Sun	Weight/sugar/steps
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								

Ending Weight_____	Ending Blood Sugar_____	Ending Steps_____
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Wear the pedometer for a few days and calculate your average steps per day.

Write this number in “Starting Steps”, this is your baseline.

Set a goal of any number of steps (ex. 8,000 steps) to be reached by the end of 2 weeks

Example: Your “Starting Steps” is 4,000 so your goal at the end of week 2 is 12,000 steps per day. Don’t try to get to this number right away, use the chart below to figure how many steps per day to add to your starting number.

Once you have reached your goal, try and maintain this number to the end of 8 weeks.

Baseline Steps Per Day	Your Goal in Steps Per Day	How Many Steps Per Day to Increase	Average Time to Reach Goal
< 2,500	5,000	250	10-20 days
2,500-5,000	7,500	300	8-16 days
5,000-7,500	10,000	400	6-12 days
7,500-10,000	12,500	500	5-10 days
10,000-12,500	15,000	500	5-10 days
12,500-15,000	17,500	750	3-6 days
15,000-17,500	20,000	750	3-6 days