

ADULT Pedometer Step Tracker Sheet

Date Started _____

Date Completed _____

Instructions: Record the number of steps and time you walk each day. At the end of each week, add up the total of minutes and steps you walked and compare the totals to the other weeks.

The Physical Activity Guidelines for adults (18+ years) is **150 min per week** (or 30 min per day 5 days per week) of moderate to vigorous physical activity and should include muscle and bone strengthening activities 2 or more days per week¹.

A minimum of 10,000 steps per day is recommended for health. Approximately 2000 steps = 1 mile.

Week 1: Day	# of Minutes	# of Pedometer Steps
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total for Week 1		

Week 2: Day	# of Minutes	# of Pedometer Steps
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total for Week 2		

Week 3: Day	# of Minutes	# of Pedometer Steps
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total for Week 3		

Week 4: Day	# of Minutes	# of Pedometer Steps
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total for Week 4		



This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.
This institution is an equal opportunity provider. Visit www.CalFreshHealthyLiving.org for healthy tips.

¹U.S. Health and Human Services: CDC PA Guidelines for Americans: <https://health.gov/paguidelines/>