

# BE HEALTHY, BE ACTIVE! 10,000 STEPS CHALLENGE

Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

When you walk, run, or do other activities, use a pedometer. A pedometer is a small device that counts the number of steps you take.

**Goal: Take 10,000 steps every day.**

- Week 1: track how many steps you normally take in a day.
- Every week after that, try to add 500 more steps to what you accomplished the previous week.
- Slowly work your way towards 10,000 steps. It may take you a couple weeks, but don't give up.

**Activities:**

- Walk outside or at the mall
- Walk the dog
- Run
- Play tag
- Jump rope
- Take the stairs
- Rollerblade
- Dance
- Play your favorite sport
- Hike
- Do other activities you enjoy and just move!

**Directions:**

1. Press the black/reset button to reset the pedometer before you use it each day.
2. Clip it to the waist of your pants/skirt and wear it all day.
3. Take it off before going to bed and write the number of steps you've taken below.
4. Show this form to your doctor at the next visit.

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Activities you did to reach your goal/comments
Example	1101	5401	1231	879	1389	2820	3015	15 minute walk after dinner, jump rope, basketball
<b>Week 1</b> Date: _____ to _____								
<b>Week 2</b> Date: _____ to _____								
<b>Week 3</b> Date: _____ to _____								

Turn Over →



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