

Step-O-Meter daily record sheet

If you have already obtained a Step-O-Meter and are keen to keep a record of the number of steps you take each day, you may find it useful to print out and fill in this record sheet.

Evidence suggests that most of us take between 3,000 and 4,000 steps per day, while experts suggest that 10,000 is a healthy ideal.

So write down how many steps you take each day and monitor your own progress week by week. Remember, it doesn't matter where you start from, it's where you're going that counts.

This record sheet covers 12 weeks because it has been estimated that that is how long it takes for a new physical activity to become a habit.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								