

Maine in Motion

Tracking “Steps”



Recommended Goals – Pedometer Program

STEP 1: Find out how many steps you currently get each day (**your baseline**) by wearing your pedometer for 3 days -- from the time you get up in the morning until you go to bed at night. Do what you normally do each day (don't add activity yet...that comes later). Try to measure at least one weekend day, since your activity level could vary from weekdays. Calculate your **baseline** by averaging your step counts for the 3 days. (For example, if you accumulated 21,000 steps for 3 days, divide 21,000 by 3 to get 7,000 for your **baseline**).

STEP 2: In the chart below, choose and circle an **ultimate goal** for yourself. (For example, if you are an adult with no health conditions, your ultimate goal would be 10,000 steps/day.)

STEP 3: Based on your ultimate goal, select and circle a **daily goal** for yourself and add that number to your baseline. (For example, if you are an adult with no health conditions and get about 7,000 steps each day, then your daily goal would be to add 300 steps each day ... for a total of 7,300 steps.)

STEP 4: At the end of each week, did you reach your **daily goal**?

- a) **Yes, I did** -- Great! Set a new goal.
- b) **No, I didn't** -- That's OK! Try again with the same goal.

STEP 5: At the end of the 12-week program, did you reach your **ultimate goal**?

- a) **Yes, I did** -- Great! Set a goal with another 12-week program.
- b) **No, I didn't** -- That's OK! Try again with another 12-week program.

	Daily Goal (add to your baseline)	Ultimate Goal (aim for optimal health)
Children & Adolescents	500-600 steps	12,000-16,000 steps
Adult Starter Program	150-200 steps	7,500 steps
Healthy Adults	250-300 steps	10,000 steps
Healthy Older Adults	200-300 steps	7,500 steps
*Adults w/Chronic Disease	100-200 steps	5000+ steps

*Check with your physician before starting an exercise program.