

Pedometer Challenge



Guidelines for Participants

- Sign up for the pedometer challenge and receive a log sheet and pedometer
- Wear the pedometer during the waking hours for the week of the challenge
- Clip the pedometer onto your belt or the waistband of your pants. Make sure that it is in a vertical position. Lastly, secure your pedometer onto a belt loop with a piece of string to make sure that it does not drop off
- Reset the counter to zero and begin your day
- Log your steps on the *Daily Walking Log Sheet* provided. Try to increase the number of steps you take each day
- Total your steps for the days/week of the challenge
- Submit your log sheet and return the pedometer to the coordinator at the end of the challenge
- Complete an evaluation and hand in to the coordinator