



Daily Pedometer Step Count Category Reference

Range of Daily Step Counts

< 5000 steps/day may be used as a 'sedentary lifestyle index.'

5000-7499 steps/day is typical of daily activity excluding sports/exercise and might be considered 'low active.'

7500-9999 likely includes some volitional activities (and/or elevated occupational activity demands) and might be considered 'somewhat active.'

≥ 10,000 steps/day indicates the point that should be used to classify individuals as 'active.'

Individuals walking > 12,500 steps/day are likely to be classified as 'highly active.'

Note: U.S. children average approximately 13,000 (boys) and 12,000 (girls) uncensored accelerometer-determined steps/day.

References:

Tudor-Locke C and Bassett DR. *How many steps/day are enough? Preliminary pedometer indices for public health.* Sports Med. 2004;34(1):1-8.

Tudor-Locke C et.al. *Accelerometer-Determined Steps/Day in U.S. Children and Youth.* Med & Sci in Sports & Ex. 2010;42(5):50.