



## Youth Pedometer Step Count Activity Log

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

### Instructions:

- Wear the pedometer tightly on your waist (beltline) and directly over your right leg.
- Reset your pedometer to **ZERO** after each day
- Record your total step count for two full **school days** (e.g., 7 a.m. to bedtime)
- Record your total step count for two full **weekend days** (e.g., 7 a.m. to bedtime)

If you play sports include the pedometer step count during that sport (when the pedometer can be worn with your athletic gear)

**Table 1. Record Step Counts and Activities**

Day	Total Number of Steps	Activity
<b>School day</b> Date:		
<b>School day</b> Date:		
<b>School day</b> Date:		
<b>Weekend day</b> Date:		
<b>Weekend day</b> Date:		
<b>Comments:</b>		