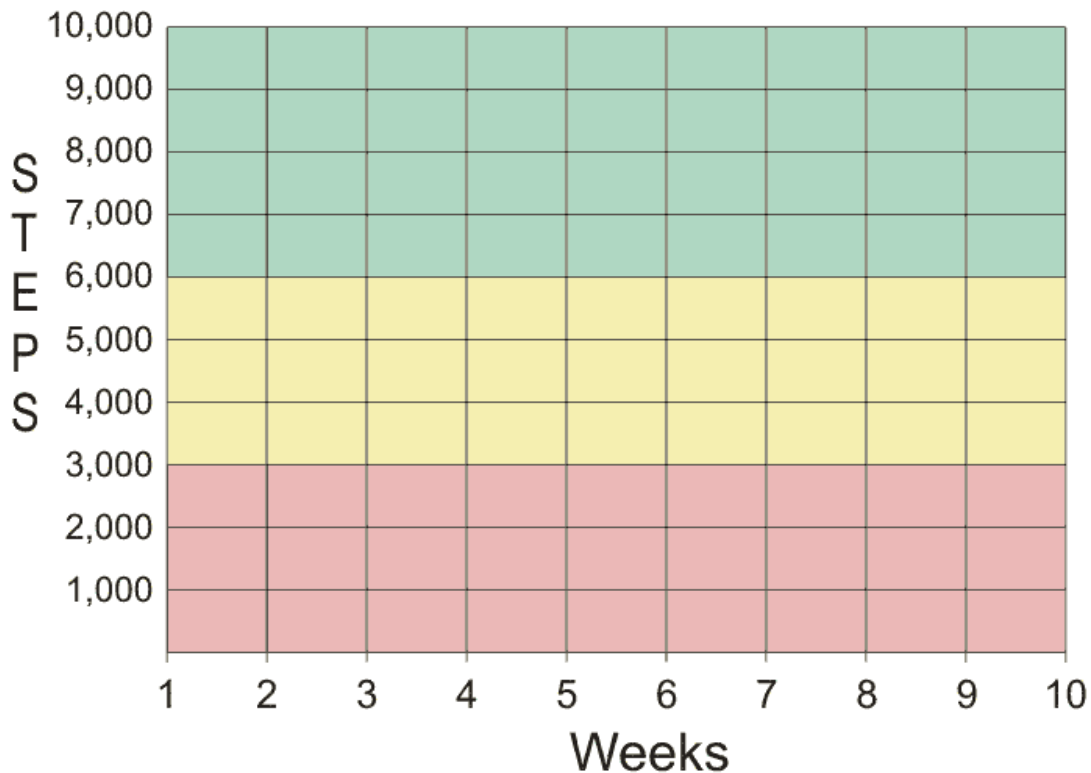


# Active Choices - Pedometer Challenge

## Daily Step Chart

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Day 1								
Day 2								
Day 3								
Day 4								
Day 5								
Day 6								
Day 7								
Average								



If your step counts are lower (<5000/day) then try to increase them gradually over a number of weeks. Aim for an extra 10% or 500 steps/day each week. This way you can ease the change into your routine and stick to it, you're also much less likely to do yourself an injury by doing too much, too soon.

If you are doing more steps (>7000/day) then consider the intensity at which you are completing these steps. It might be the case that you are doing lots of walking at the same slow-moderate pace (eg dog walking) and that you would benefit from walking faster some of the time.