



Step Count Form – walking towards 10,000 steps a day

Month: <i>October 2015</i> - an example									
	W/C	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Week 1	05/10/15	5768	4878	7568	2376	6743	10230	6987	44550
Week 2	12/10/15	7685	5557	8765	6403	8612	8354	8590	53966

Month:									
	W/C	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Week 1									
Week 2									
Week 3									
Week 4									
Week 5									
Week 6									
Week 7									
Week 8									
Week 9									
Week 10									
Week 11									
Week 12									

What's the best way to start?

Using your pedometer, find out how many steps you take during a normal day. It could be as little as 900 steps, or as many as 5,000 steps, depending on what you do. Record your daily steps over a week and use the total weekly number to work out a daily average.

Use this daily average to build your steps gradually, by adding a few more steps every so often, until you're regularly walking 10,000 steps a day.

Ref: NHS Choices

Staying motivated - The easiest way to walk more is to make walking a habit. Think of ways to include walking into your daily routine. Examples include:

- walking part of your journey to work
- walking to the shops
- using the stairs instead of the lift
- leaving the car behind for short journeys
- walking the kids to school
- doing a regular walk with a friend
- going for a stroll with family or friends after dinner

Ref: NHS Choices