



# Step Count Diary

## HOW CAN I TRACK MY ACTIVITY LEVELS IN A WAY THAT WILL GIVE ME MEANINGFUL FEEDBACK?

The *Step Count Diary* is an easy to use resource can provide valuable feedback with the use of a pedometer. You can review your activity levels week to week and see how your activity patterns are changing.

### INSTRUCTIONS – REFER TO ‘SAMPLE SHEET’

1. Each row in the diary represents one week. Under the column titled ‘Week’, write down the date beginning each week.
2. Wear your pedometer from the beginning of the day until the end.
3. At the end of each day, record your total step count for that day and enter this amount as a stroke (‘|’) in the appropriate column. For example, if your pedometer records 3,263 steps at the completion of your day, then place a single stroke in the column ‘3000-4000’. Repeat this for the rest of the week.
4. By comparing one week to the next, you will notice a shift in the distribution of strokes from the left side to the right (See ‘*Sample Sheet*’) as you gradually increase your activity levels.

### SAMPLE SHEET

Week	< 1,000	1,000 – 2,000	2,000 – 3,000	3,000 – 4,000	4,000 – 5,000	5,000 – 6,000	6,000 – 7,000	7,000 – 8,000	8,000 – 9,000	9,000 – 10,000	> 10,000
23/8		✓ ✓	✓ ✓ ✓	✓ ✓							
30/8		✓	✓ ✓	✓ ✓	✓	✓					
6/9			✓	✓ ✓	✓ ✓	✓ ✓					
13/9				✓	✓ ✓	✓ ✓ ✓	✓				



# Step Count Diary

Week	< 1,000	1,000 – 2,000	2,000 – 3,000	3,000 – 4,000	4,000 – 5,000	5,000 – 6,000	6,000 – 7,000	7,000 – 8,000	8,000 – 9,000	9,000 – 10,000	> 10,000