

Pedometer Log – 4 Days

Log # 1 2 3 4 5

Student name: _____ Student ID #: _____

Teacher _____ Grade _____

Instructions:

Step 1: Put pedometer on as child gets dressed in the morning.

Make sure the pedometer is:

- Directly above the knee
- Securely attached to clothing
- Reset to zero



Step 2: Remove pedometer before bedtime.

Record the date, time and number of steps taken. Reset pedometer to zero.

Step 3: After the fourth day is recorded have your child return the pedometer and this log to his/her PE teacher.

	Date	Time Recorded	Steps Taken
Sample Day	January 15, 2011	8:45 pm	9,538
Day 1			
Day 2			
Day 3			
Day 4			

If your son/daughter is sick or absent, he/she will not be required to record steps. Use the code below to note absence or sickness.

S = Sick A=Absent