

PEDOMETER LOG – 7 DAYS

PEDOMETER LOG # 1 2 3 4 5 *(please circle)*

STUDENT NAME _____ STUDENT ID _____

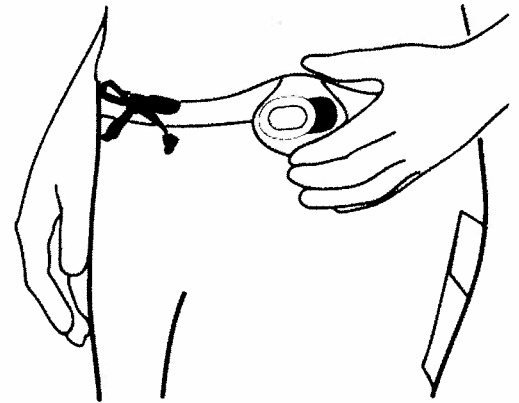
TEACHER _____ GRADE OR PERIOD _____

INSTRUCTIONS:

Step 1: Put pedometer on when you get dressed in the morning.

Make sure the pedometer is:

- Aligned with knee and hip bone
- Securely attached to clothing at waistband
- Level and not attached to clothing at an angle
- Properly working by using a 10 step check



Step 2: Remove pedometer before bedtime. Record the date, time and number of steps taken. Reset pedometer to zero.

Step 3: After the seventh day is recorded return the pedometer and this log to your PE teacher.

DAY	DATE	TIME RECORDED	STEPS TAKEN
Sample Day	<i>January 15, 2011</i>	<i>8:45 pm</i>	<i>9,538</i>
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

If you are sick or absent, you will not record steps. Use the code below to note sickness or absence.

S = Sick A = Absent