PEDOMETER LOG – 7 DAYS

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

STUDENT NAME _____ STUDENT ID _____

TEACHER _____ GRADE OR PERIOD _____

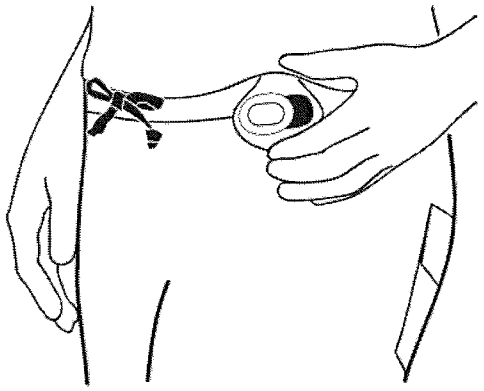
INSTRUCTIONS:

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	*January 15, 2011*	*8:45 pm*	*9,538*
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

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