The School Pedometer Challenge Individual Tracking Form

(Feel free to copy and expand as necessary)

General Information

Name:_____ Student ☐ Staff ☐ Teacher ☐ Other ☐_____

Age:_____ Male ☐ Female ☐

Date Started: _____Date Ended: _____

Participating as part of:

Class/Grade ☐ School Group ☐ Other ☐ Name of School: _____

(Before this pedometer program) I considered myself ☐ very active ☐ moderately active ☐ somewhat active ☐ inactive

Activity Goal:_____

Baseline done Yes ☐ No ☐ If yes, Baseline: Steps/week_____

Average steps/day_____**(a)**

Activity Information

Date	Day of Week	Steps Per Day (from pedometer)	Steps Per Day (from conversion of all physical activities)	Total Steps
				TOTAL
				Average steps/day (b)

Activity Information

Date	Day of Week	Steps Per Day (from pedometer)	Steps Per Day (from conversion of all physical activities)	Total Steps

My Improvements:

Baseline average steps/day (a)_____

Total average steps/day (b)_____

Total average increase/day =_____

% of Improvement =_____

EXAMPLE

(a) = 2,700 **Increase ÷ by (a) x 100 = 74%**

(b) = 4,700

Increase = 2,000

% = 74%

New Nouveau Brunswick

Be...in this place • Être...ici on le peut