

Appendix D: Setting Pedometer Step Goals

The goal of this program is to help you find an optimum level of daily activity to improve your health. There is no single goal that fits everybody. Many of you have heard about the 10,000-step goal, but that goal may be too low for very active students and too high for those who are inactive. Depending on your age and gender, personal goals for daily steps will probably range somewhere between 6,000 to 15,000 steps. If your baseline level is substantially below these numbers, it will take longer to reach your goal. However, by finding your baseline step count you now have a way to set a reasonable and achievable goal.

The following are the procedures for setting your daily step count goal:

1. Calculate your average daily baseline step count. To determine your baseline step count, you must calculate the average of **4** days of daily step counts if you are in elementary school, or if you are in middle or high school, the average of **8** days of daily step counts.
2. Set your personal goal for the next two weeks (baseline step count plus a 10% increase). Once you have determined your baseline (average of the number of daily step counts for **4** or **8** days), add 10% to that number to calculate your personal step-count goal. In the example below, this person had an average baseline step count of 8,000 steps and his/her goal for the next two weeks is 8,800 steps a day.

Baseline Step Count	Personal Goal (10% of your baseline plus your baseline steps)	Weeks	Total Step Counts
8,000 steps	$8,000 \times 0.10 = 800 \text{ steps} + 8,000$	1 & 2	8,800
	If you have reached your goal for the majority of the 14 days, it is time to increase your goal by another (10%) 800 steps.	3 & 4	9,600
		5 & 6	10,400
		7 & 8	11,200

3. Record your step count each day on the table below for the next **4** or **8** days depending on your age.
4. Calculate your average daily baseline step count during the **4** or **8** days.

Name: _____		Period: _____		Personal Goal — add 10% to baseline: _____	
Day	Number of Daily Steps	Day	Number of Daily Steps		
1.		5.			
2.		6.			
3.		7.			
4.		8.			