

Week: 8 Baseline at start of week: _____ Goal by end of week: _____

Day:	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
# Steps:							

Baseline	increase by 10%	increase by 20%	increase by 30%	increase by 40%	increase by 50%
2,000	2,200	2,400	2,600	2,800	3,000
2,500	2,750	3,000	3,250	3,500	3,750
3,000	3,300	3,600	3,900	4,200	4,500
3,500	3,850	4,200	4,550	4,900	5,250
4,000	4,400	4,800	5,200	5,600	6,000
4,500	4,950	5,400	5,850	6,300	6,750
5,000	5,500	6,000	6,500	7,000	7,500
5,500	6,050	6,600	7,150	7,700	8,250
6,000	6,600	7,200	7,800	8,400	9,000
6,500	7,150	7,800	8,450	9,100	9,750

HOW MANY STEPS ARE ENOUGH?

Relatively healthy middle-aged adults take between 7,000 and 13,000 steps a day. This is lower for women than men. Healthy older adults take between 6,000 and 7,000 steps.

Adults living with disabilities and chronic illnesses, such as diabetes and arthritis, take between 3,500 and 5,500 steps a day. Increase your steps a day by an amount that equals an extra 10-30 minutes of walking. Since most people take between 800 and 1,200 steps in 10 minutes (depending on walking speed) an extra 10-30 minutes would mean adding between 800 to 3,600 steps a day. People who are not used to exercising and those starting at less than 5,000 steps per day should gradually increase their steps to reach these levels. You should be comfortable with your goal number of steps per day and increase to a number that you feel personally challenged with.

(Adapted from ALCOA Research Update: Type 2 Diabetes and Physical Activity for Older Adults. Issue 1, May 2001).

