

PEDOMETER LOG

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

STUDENT NAME _____ PEDOMETER # _____

TEACHER/HOMEROOM _____ GRADE OR PERIOD _____

INSTRUCTIONS:

Step 1: Put pedometer on as child gets 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
- All pedometers must be set in step counter mode at all times
- 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 (by holding down the Reset button for a few seconds).
- All pedometers must remain in step counter mode. If the mode is accidentally changed, please open the front of the pedometer and press MODE to access the step counter function.

Step 3: After the fourth day is recorded have your child return the pedometer and this log in the log folder to his/her PE teacher.

DAY	DATE	TIME RECORDED	STEPS TAKEN
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			

If your son/daughter is sick or absent, he/she will not be required to record steps. Use the code below to note sickness or absence.

S = Sick A = Absent