

Number Of Steps Counts In A Day At Home

Activities		Walking step counts
1	Climbing stair cases	
2	Explore neighborhood	
3	Household errands (going to rest room, doing cleaning, going to kitchen)	
4	Grocery Shopping	
5	Dog Walking	
6	home treadmill walking	
7	Dancing out yourself	
8	Steps while talking on phone	
9	Post meal walk	
10	Playing with neighbors	
11	Walking steps to gym	
12	Steps when Watching TV	
TOTAL NUMBER OD STEPS WALKED AT HOME H		

Number Of Steps Walked Per Day At The Office?

Office Activities		Walking step counts
1	Steps From parking lot to office	
2	Steps from bus stop to your office	
3	Steps walked at lunch break	
4	Steps on office desk-treadmill Steps walked in meetings	
5	Steps walked while on phone	
6	Steps count to copy machine	
7	Step count to restroom(bathroom)	
8	Stair on office escalators(stairs)	
9		
10		
11		
12		
13		
TOTAL NUMBER OD STEPS WALKED AT THE OFFICE 0		

How Many Steps Sneaked In During The weekends?

Weekend Activities		Walking step counts
Outdoor walk with friends		
Walks to historical sites		
Hiking		
Other Weekend walking routines		
1		
2		
3		
4		
5		
6		
7		
TOTAL NUMBER OD STEPS WALKED AT WEEKEND W		

The Step Goal You Planned Today = _____

Today's Actual WALKING STEPS = H + O + W = _____

Did you achieve your step counting goal?