

Calculate Your Steps

Walking can help improve your diabetes, control your weight, cholesterol and blood pressure, and make you feel better. Start walking and count your daily number of steps by wearing a pedometer. Increase the number of steps you take and watch how your diabetes improves.

Follow the next steps:

STEP 1: Use a pedometer to count the number of steps you take in 7 days and record in the table below.

** Remember to reset your pedometer every morning.*

	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL STEPS
STEPS								

STEP 2: Add up all the steps you took in 7 days. Divide it by 7 to get the average number of steps you take in a day.

Total number of steps in 7 days: _____ \div 7 = _____ daily average steps.

For example: My total number of steps in 7 days is 22,400 \div 7 = 3200.

My daily average number of steps is 3200.

STEP 3: Add 500 steps to your daily average steps every 2 weeks.

For example: My daily average steps are 3200. My goal is to add 500 steps each day for the next two weeks, and record it in my Steps Log Sheet. I will calculate my new daily average number of steps every two weeks.

Make a follow up appointment with your exercise physiologist or diabetes educator after 12 weeks to update your exercise plan.

Call for an appointment at _____.