

# Track Your Progress

## What is America's norm?

<b>Men</b>	5,340
<b>Women</b>	4,912
<b>Total Average</b>	5,117

## What is considered the norm?

<b>Above Average</b>	More than 10,000 steps	Overachiever
<b>Average</b>	10,000 steps	Satisfactory
<b>Below Average</b>	Less than 10,000 steps	Needs improvement

## What does all this mean?

Considering the average American takes less than 10,000 steps a day, we can conclude most Americans are short of the right amount of exercise. If you don't personally meet the necessary daily requirements, it's safe to say that you aren't alone.

## What can you do?

Our fitbit watch can help you monitor the amount of steps you take daily. Our graph is designed help you visually see what progress has been made or needs to be made.

## Suggestions

**Overachiever**- you are meeting more than the required amount of steps daily. No further action is necessary.

**Satisfactory**- you are meeting the recommended steps daily in order to maintain a healthy life style. Be aware that this can increase or decrease.

**Needs improvement**- you are not meeting the recommended amount of steps. Consider setting daily goals until you meet 10,000 steps.

*Note: this is a broad analysis. Now lets look at the chart below to narrow it down.*

<b>Sedentary/ Inactive</b>	<b>Less than 5,000</b>
<b>Low active lifestyle</b>	5,000-7,499
<b>Somewhat active</b>	7,500 – 9,999
<b>Active</b>	10,000 or more

### Tips!

- ❖ If weight loss is a goal of yours, remember food intake plays a major part.
- ❖ Consider taking the stairs instead of the elevator in order to improve your steps daily.
- ❖ Find a walking partner if you find it a bit mundane.
- ❖ View the graph for a visual idea where you stand on particular days.
- ❖ If you have no idea on how to adjust your lifestyle to improve, chat with others on this site for some more suggestions.

### References

- ❖ McDowell, Dena. "How Many Steps Per Day to Lose Weight?" *LIVESTRONG.COM*. LIVESTRONG.COM, 14 Apr. 2015. Web. 29 July 2015.  
<<http://www.livestrong.com/article/171629-how-many-steps-per-day-to-lose-weight/>>.
- ❖ Rettner, Rachael. "The Truth About '10,000 Steps' a Day." *LiveScience*. TechMedia Network, 07 Mar. 2014. Web. 29 July 2015.  
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