


Pedometer Walking Log Challenge

1 Week Pedometer Walking Log Challenge

Track your steps and submit this form for your chance to win an i-Pod Shuffle! 

Return to Katie Garippa in HR or your location's CA by Wednesday, March 30th.



Work Well,
Live Well!™

3,000 A Day Walking Program

Please write your total number of steps each day and calculate the total for the week.

Week of: March 21st – March 27th

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

TOTAL: _____

GOAL: Try to reach *at least* 3,000 steps a day.

Get up and walk as much as you can.

The Ultimate Goal over time is to reach 10,000 steps a day.



Top 10 Walking Tips

1. If you do not have a solid block of time, *break your walking into smaller chunks.*
2. *Dress appropriately* for the weather and always walk facing traffic.
3. *Include hills* in your walking route.
4. *Interval train* to get more out of your workout. Increase your walking speed for one or two blocks and then slow back down to your regular pace for the next one or two blocks. Continue to alternate speeds.
5. *Choose a safe environment* to walk such as the local mall. If you are walking solo, listen to music or an audio book but always make sure that you can still hear what is going on around you.
6. *Find a walking partner.* In addition to the companionship provided, it will help keep you motivated, as well.
7. *Alternate your route* to prevent boredom.
8. *Drink plenty of water* before, during and after your walk.
9. *Add push ups, sit ups, and weight training* to your pre-walk stretches to build strength.
10. **Keep a log** of your time, distance, and calories burned for motivation.

10 Ways to Increase Your Daily Steps

1. Park at the outer edges of parking lots.
2. Get up and walk during television commercials.
3. Use a portable phone to walk and talk.
4. Take the stairs instead of the elevator or escalator.
5. Schedule time for walks with family, friends, & pets.
6. Use part of every break to add steps to your day.
7. Play music and dance while cleaning your home.
8. Unload your groceries from the car in four trips.
9. Take a walk and pick up litter in your neighborhood.
10. Walk at least one lap of the mall when you shop.