




Walk Ways



**STEP LOG
BOOK**

**Walk
Your Way
to a
Healthier
You**

A Walking Program for Maryland

CALCULATING YOUR AVERAGE STEPS FOR THE WEEK

- 1) Add up all of your steps for the week.
- 2) Divide the total steps by the number of days you walked.

Example:

Monday	2424
Tuesday	0
Wednesday	3600
Thursday	2702
Friday	2008
Saturday	4206
Sunday	5103
<hr/>	
Total	20043

$$\frac{20043}{\text{TOTAL STEPS}} \div \frac{6}{\text{DAYS USED PEDOMETER}} = \frac{3341}{\text{AVERAGE STEPS PER DAY}}$$

Weekly STEP LOG

Week: 1

Goal: 3500 steps per day

Day	Steps	Notes
Monday	2424	Worked late
Tuesday	0	Forgot to wear pedometer
Wednesday	3600	Walked at lunch
Thursday	2702	Took the stairs
Friday	2008	Stayed home with sick child
Saturday	4206	Walked to park with children
Sunday	5103	Walked to church and back
Total Steps for the week	20043	Proud of myself for wearing pedometer longer.

$$\begin{array}{r} 20043 \\ \hline \end{array} \div \begin{array}{r} 6 \\ \hline \end{array} = \begin{array}{r} 3341 \\ \hline \end{array}$$

TOTAL STEPS **DAYS USED PEDOMETER** **AVERAGE STEPS PER DAY**

GOAL FOR NEXT WEEK

$$\begin{array}{r} 3341 \\ \hline \end{array} + \begin{array}{r} 500 \\ \hline \end{array} = \begin{array}{r} 3841 \\ \hline \end{array}$$

AVERAGE STEPS PER DAY **MORE STEPS** **DAILY GOAL FOR NEXT WEEK**

Weekly STEP LOG

Week:	Goal:	steps per day
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Day	Steps	Notes
Monday		
Tuesday		
Wednesday		
Thursday		
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Saturday		
Sunday		
Total Steps for the week		

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GOAL FOR NEXT WEEK

$$\frac{\text{AVERAGE STEPS PER DAY}}{\text{MORE STEPS}} = \text{DAILY GOAL FOR NEXT WEEK}$$

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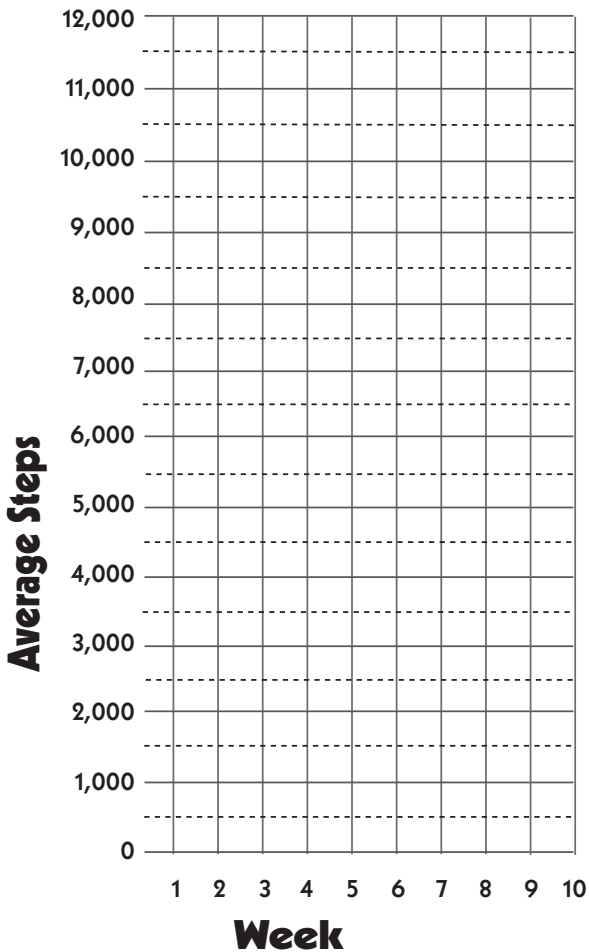
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GOAL FOR NEXT WEEK

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Average Steps per Week



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.



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