

# A simple way to add a mile a day

- [Quality pedometer](#)
- **Good walking shoes**

## **WEEK ONE**

Don't do anything out of the ordinary.

Wear pedometer and track daily steps.

Average steps per day at the end of the week.

**WEEK 2** Add 500 steps a day to average

**WEEK 3-6** Increase 500 steps a day each week!

	<u>Week 1</u> Baseline	<u>Week 2</u> +500 steps a day	<u>Week 3</u> +500 steps a day	<u>Week 4</u> +500 steps a day	<u>Week 5</u> +500 steps a day	<u>Week 6</u> +500 steps a day
Day 1						
Day 2						
Day 3						
Day 4						
Day 5						
Day 6						
Day 7						
<b><u>Average</u></b> the total /divided by 7						