

# Pedometer Use and Recording Steps

A pedometer is a simple device used to measure the number of steps taken in a day. Using a pedometer to record daily steps motivates people to walk more ( <http://fitness.gov/pcpfsdigestjune2002.pdf> ).



## Frequently Asked Questions about Pedometers

[http://www.active2010.ca/index.cfm?fa=english\\_challenge.pedometerfaqs](http://www.active2010.ca/index.cfm?fa=english_challenge.pedometerfaqs)

## The What, Where, Why, and Accuracy of Pedometers

<https://www.canadaonthemove.ca/INMD/main.do?task=display>

<http://www.centre4activeliving.ca/Education/Resources/Pedometers/PedoInstructions.pdf>

## Using a Pedometer

[http://www.active2010.ca/index.cfm?fa=english\\_challenge.usingyourpedometer](http://www.active2010.ca/index.cfm?fa=english_challenge.usingyourpedometer)

## Pedometer Do's and Don'ts

[http://www.active2010.ca/index.cfm?fa=english\\_challenge.dosanddnts](http://www.active2010.ca/index.cfm?fa=english_challenge.dosanddnts)

## Recording Steps-- Pedometer Logs or Progress Sheets

### Pedometer Record Sheet

<http://www.lancaster.unl.edu/food/walk.pdf> (recommended)

<http://www.10000steps.org.au/pdf/printablesteplog.pdf>

<http://www.whi.org.uk/uploads/documents/E14/stepometer.pdf>

<http://www.bluecrossblueshield.com/walkingworks/walklog.pdf>

## Be Part of a National Research Project – Donate your Steps

<https://www.canadaonthemove.ca/INMD/main.do?task=display>

## Enter the ACTIVE2010 Pedometer Challenge

[http://www.active2010.ca/index.cfm?fa=english\\_challenge.calendar](http://www.active2010.ca/index.cfm?fa=english_challenge.calendar)

## Join the Women in Chatelaine's Walking Club!

<http://www.chatelaine.com/walkingclub>

## The Evidence Supporting Pedometer Use and Recording Steps

### The Art & Science of Pedometer Programming

<http://www.centre4activeliving.ca/Publications/WellSpring/2003/Spring/Art&Science.html>

### How Do Pedometers Work

<http://www.centre4activeliving.ca/Publications/WellSpring/2003/Spring/HowTheyWork.html>

### Taking Steps Toward Increased Physical Activity: Using Pedometers to Measure and Motivate

<http://fitness.gov/pcpfsdigestjune2002.pdf>

### Additional Information

Schneider, P.L., Crouter, S.E., Lukajic, O., & Bassett, D.R. Jr. (2003). Accuracy and reliability of 1- pedometers for measuring steps over a 400-m walk. *Medicine & Science in Sports & Exercise*, 35(10) 1779-1784.

Tudor-Locke, C. (2001). A preliminary study to determine instrument responsiveness to change with a walking program: Physical activity log vs. pedometers. *Research Quarterly for Exercise and Sport*, 72(3): 288-292.

Tudor-Locke, C. & Bassett D.R. Jr. (2004). How many steps/day are enough?: Preliminary pedometer indices for Public Health. *Sports Medicine*, 34(1):1-8.

Tudor-Locke, C. & Meyers, A.M. (2001). Methodological considerations for researchers and practitioners using pedometers to measure physical (ambulatory) activity. *Research Quarterly for Exercise and Sport*, 72(1):1-12.

Tudor-Locke C., Myers., A.M., Bell, R., Harris, S., & Rodger, N.W. (2002). Preliminary outcome evaluation of the First Step Program: A daily physical activity intervention for individuals with type 2 diabetes. *Patient Education and Counseling*, 47(1): 23-28.