

COWLITZ COUNTY PEDOMETER CHALLENGE

EMPLOYEE NAME: _____

	Your Daily Stepping Goal	Your Number of Steps Achieved
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Grand Total for the Week		
WEEK 1 2 3 4 5 (CIRCLE ONE)_		

Health Benefits	Number of Steps
For long term health and to reduce the risk for developing chronic diseases	10,000 steps a day
For successful sustained weight loss	12,000 to 15,000 steps a day
To be fit	3,000 or more of your daily steps at a brisk pace

Steps per day	Classification
Under 5,000	Sedentary
5,000-7,499	Low active
7,500-9,999	Somewhat active
10,000-12,499	Active
Greater than 12,500	Highly active

