



QUICK TIPS: Using Your Activity Log

“Walking is man’s best medicine”

Hippocrates, Father of Medicine

GETTING STARTED

Ready to get on the move? Visit www.americaonthemove.org, click the red tab “Get Involved, Join Now,” select “Full Access” and complete registration. Once finished, you’ll get a personalized web page with lots of great tools that will help make it easy to track your progress. If you do not use a computer or also want to keep a paper record, use the accompanying Activity Log each day to record your steps. If you have any concerns or questions regarding your health or ability to start this program, consult your physician or healthcare professional.

STEP 1: Learn Your Baseline

Begin wearing your step counter first thing in the morning and record your total steps at the end of each day. Divide your total steps for the first three days by 3 to find your baseline (the average of all 3 days). Move about as you usually do for the first three days. Do not try to increase your steps until you have set your baseline. If you do not have a step counter you can use the Step Conversion Chart to change minutes of activity to steps. If you are tracking online, the AOM website will do the conversion for you. Your baseline will be used as a measurement to determine your improvement.

STEP 2: Set Your Personal Step Goal

After you establish your baseline, it’s time to boost your daily total of steps and strive to reach a more active lifestyle level. The initial goal is to increase your number of daily steps by at least 2000 steps over your baseline and eat 100 fewer calories per day. Once you can consistently achieve this goal, strive to increase your daily steps even more!

STEP 3: Record Your Progress

Try to record your steps for each day of the week. The AOM Challenge is organized in a 6-week format. At the end of the 6-week Challenge, total your last three days of steps. Divide this total by 3 (the average of all 3 days) to find your current daily step average. Compare this completion average to your starting average (baseline) to see how much you have improved.

If you’re tracking online, you’ll be able to print out a personalized Certificate of Achievement when you complete your Challenge evaluation. It will display your starting and current (Challenge completion) step averages as well as the total number of steps you have logged over the 6-week Challenge. Then, when you’re ready, activate a new Challenge.

DAY/STEPS	DAY/STEPS
1	40
2	41
3	42
Total	Total
+ 3	+ 3
= Starting Average (Baseline)	= Current Average (Completion)

ACTIVITY LOG

Tracking Your Progress With America On the Move

NAME: _____

BASELINE AVERAGE:

COMPLETION AVERAGE:

It's time for you to take the 6-week AOM Challenge. It's as easy as 1, 2, 3!

STEP 1: Learn Your Baseline > **STEP 2:** Set Your Personal Step Goal > **STEP 3:** Record Your Progress

You can track each day using this form or go to americaonthemove.org to join and enter your activity online.

WEEK 1:	WEEK 2:	WEEK 3:	WEEK 4:	WEEK 5:	WEEK 6:
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