

Walking Programme – Week 1

Aim: To walk an **extra 1,500 steps** on at least **3 days** of the week.

Baseline daily step-count: _____

Target for at least 3 days: _____

- Extra walking does not have to be completed all at once. It can be split into simple blocks of 5, 10 or 15 minutes etc.
- Walking should be brisk but comfortable. It should not be at a pace where you feel breathless, uncomfortable and may need to stop.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Participant ID Number	_____
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Walking Programme – Week 2

Aim: To walk an **extra 1,500 steps** on at least **3 days** of the week.

Baseline daily step-count: _____

Target for at least 3 days: _____

- Walking is a good way of easing the tension of work. So when on your i.e. lunch break, go for a walk.
- When at home take the dog for a walk, take the kids to the park or walk to the shops to get messages.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 3

Aim: To walk an **extra 1,500 steps** on at least **5 days** of the week.

Baseline daily step-count: _____

Target for at least 5 days: _____

- Walking with friends and relatives is a good way of socialising and catching up plus time will pass more quickly.
- When going to work on the bus, get off the bus at an earlier stop and walk the rest of the way.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 4

Aim: To walk an **extra 1,500 steps** on at least **5 days** of the week.

Baseline daily step-count: _____

Target for at least 5 days: _____

- When going to work with your car try parking further away so you have an extra distance to walk before you get to work.
- When at home and bored, go for a walk and listen to your Walkman, it will be nice and enjoyable walk while you listen to your favourite music.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 5

Aim: To walk an **extra 3,000 steps** on at least **3 days** of the week.

Baseline daily step-count: _____

Target for at least 3 days: _____

- Go shopping in town with your friends.
- Walk to friends or families homes instead of taking the car.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 6

Aim: To walk an **extra 3,000 steps** on at least **3 days** of the week.

Baseline daily step-count: _____

Target for at least 3 days: _____

- Walk to the pub instead of taking a taxi (and if you can walk back).
- Try new routes.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 7

Aim: To walk an **extra 3,000 steps** on at least **5 days** of the week.

Baseline daily step-count: _____

Target for at least 5 days: _____

- Try increasing the pace and intensity of you is walking or try walking harder, lengthier routes.
- Try not to take elevators or escalators when stairs are easily available. Even climbing a few flights of stairs is better than climbing none.

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Week 8

Aim: To walk an **extra 3,000 steps** on at least **5 days** of the week.

Baseline daily step-count: _____

Target for at least 5 days: _____

- Finally when inside the house don't be put off by the weather. If its raining get your wellies on, get an umbrella and go for a good walk through the puddles (its more enjoyable than you think!).

Walking Goals:

Day of Week	What, when and where	✓ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Walking Programme – Weeks 9-12

Aim: To maintain the walking levels that you (hopefully!) have achieved by week 8.

If you have achieved the additional 3,000 steps on top of you baseline levels then you are meeting the recommended minimum levels of physical activity in order to achieve health benefits. Continue to use your pedometer so that you can continually monitor and record your steps. Research has shown that if people stop using the pedometer then their steps can decrease back to the original levels.

Baseline daily step-count: _____

Target for at least 5 days each week : _____

Week 9: Walking Goals:

Day of Week	What, when and where	√ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Week 10: Walking Goals:

Day of Week	What, when and where	√ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Week 11: Walking Goals:

Day of Week	What, when and where	√ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

Week 12: Walking Goals:

Day of Week	What, when and where	√ when you achieve
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Daily step counts: Some people find it helpful to record their daily step counts, either each night or once a week. If you feel this would be helpful to you then please complete this table.

Day	1	2	3	4	5	6	7
Steps Walked							

RATING OF PERCEIVED EFFORT

How fast should I walk?

The effort we need to put in to gain health benefits is termed “moderate intensity”. This equates to how we feel when we are walking at a normal to brisk pace. The chart below might help you to judge the correct level of effort. If you think of walking then the chart suggests that the correct amount of effort is when you feel that you are 12-14 on the scale or when you feel you could talk to someone who is walking beside you.

6		a doddle!	whistle!
7	very very light		
8			
9	very light		sing!
10		a skoosh!	
11	fairly light		
12		nae bother!	talk!
13	somewhat hard	pechin!	
14			
15	hard		
16		puffed!	
17	very hard		gasp!
18		exhausted!	
19	very very hard	worn oot!	
20			

PEDOMETER INFORMATION SHEET

Correct Usage

- Attach the pedometer to your belt or to the top of your trousers/skirt. Ensure it is fixed securely to your clothes in order to accurately record steps taken, and for security reasons. Make sure your waistband is not too loose.
- The pedometer should be attached as soon as possible after getting out of bed, and worn at all times during the day except for sleeping, showering and sports.
- The pedometer must be horizontal to the ground in order to function correctly.
- The case should be closed during use and opened only to see the readings (the unit will not count steps if the case is open).
- Do not change the settings made by the researcher, if this accidentally happens, press the "SET" button until the screen displays "STEPS" (NOTE: this is different from "STEPS AEROBIC" so ensure it displays STEPS only).
- To look at your previous 7 days steps, make sure the screen displays "STEPS" as described above, then press "MEMORY" to scroll through from 1 day before to 7 days before. Press "SET" again to return to the normal display.

Safety Information

- Keep the battery and battery cover away from small children
- Consult your physician immediately if a battery is swallowed
- Do not disassemble or modify any part of the unit
- Do not throw the battery into a fire
- Do not subject the unit to severe shock
- Do not clean using thinner, alcohol or benzene
- Avoid direct sunlight, dust, rain and humidity