



LiSM10! Number of steps self-check sheet

ID	
Company name	
Name	

◆ Daily average steps per week ◆

	Before the program	→	After the program
Daily average steps	<input type="text"/>		<input type="text"/>
Measurement date	mm,yy //		mm,yy //
Walking time (minutes)	<input type="text" value="0"/>		<input type="text" value="0"/>
Walking distance (meters)	<input type="text" value="0"/>		<input type="text" value="0"/>

*Approximate calculation ; 1000steps=10mins=700meters

◆Some tips to help easily increase calorie consumption ◆

On weekdays

- Walk to the station from home, or to the company from the station
- Overtake people walking in front of you while walking
- Stand while riding the train(keeping your balance if possible without holding onto the handrail)
- Use stairs without using elevators or escalators in train stations and at work
- Do paperwork and make copies by yourself.
- Go to coworkers desks and talk directly to them without using the phone
- Go for a walk after lunch

On weekends and holidays

- Go for a walk
- Walk to the supermarket out without using the car
- Do housework with a positive attitude
- Do garden work, wash the car and play with the children