## LiSM10!® Pedometer check sheet

The average number of steps per day

Record the number of steps each day for one week and write the average number of steps per day.

| Date |  |  |  |  |  |  |  | Average |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Day of the week | San | Mon | Tue | Wed | Thu | Fri | Sat |  |
| Total number of <br> steps/day |  |  |  |  |  |  |  |  |



