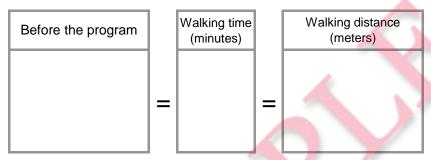
## Physical activity Assessment (for use at the goal seting conseling session )



## LiSM10! Number of steps self-check sheet

ID	
Company name	
Name	

◆ Daily average steps per one week ◆



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

## ♦ Walking posture ◆

