

Physical activity Assessment
(for use at the goal setting counseling session)



LiSM10! Number of steps self-check sheet

ID	
Company name	
Name	

◆ Daily average steps per one week ◆

Before the program		Walking time (minutes)		Walking distance (meters)	
	=		=		

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

◆ Walking posture ◆

