

Recording Sheet

Participant ID# _____

Instructions: Use the following log to record your pedometer steps that you take each day.
Also note what time of the day you put the pedometer on and when you take it off.

	SUN	MON	TUES	WED	THURS	FRI	SAT
Time on (i.e., 7:30 a.m.)	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am
Time off (i.e., 11:30 p.m.)	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm
Pedometer Steps							
Time on (i.e., 7:30 a.m.)	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am
Time off (i.e., 11:30 p.m.)	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm
Pedometer Steps							
Time on (i.e., 7:30 a.m.)	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am
Time off (i.e., 11:30 p.m.)	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm
Pedometer Steps							
Time on (i.e., 7:30 a.m.)	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am
Time off (i.e., 11:30 p.m.)	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm
Pedometer Steps							
Time on (i.e., 7:30 a.m.)	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am	_____ am
Time off (i.e., 11:30 p.m.)	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm	_____ pm
Pedometer Steps							