



# Tracking Progress

## Step into a Healthier You, One Step at a Time!

Want a fun and easy way to get more active? A pedometer or fitness tracker (like a Fitbit, Apple Watch, or step-counting app on your phone) is a great tool to help you see your progress and stay motivated. Let's get started!



### Step 1: Find Your Starting Point (Your Baseline)

Before you change anything, wear your device for 3 days to see how many steps you usually take. Write it down each day, then add them up and divide by 3. That's your baseline—the average number of steps you take per day right now.



### Step 2: Set a Goal - and Build Up Slowly

No need to jump into 10,000 steps right away! Try this instead:

Week 1: Add 250 more steps each day than your baseline.

Week 2: Add another 250. Keep going each week!

Your mini-goal is to build up to 2,000 steps above your starting point. Your big goal?

Girls: 11,000 steps/day

Boys: 13,000 steps/day

Remember: every step counts, and progress is progress!

<b>Average Baseline Steps Per Day</b>	<b>4,200 Steps Per Day</b>
Week 1 Goal	4,700 Steps Per Day
Week 2 Goal	5,000 Steps Per Day
Week 3 Goal	5,350 Steps Per Day
Week 4 Goal	5,850 Steps Per Day
Week 5 Goal	6,200 Steps Per Day
<b>Final Goal</b>	<b>6,500 Steps Per Day!</b>



## Ways to Sneak in Steps

You don't need to run marathons to move more. Try:

- Playing basketball or soccer
- Dancing around your room
- Running with your dog
- Exploring a park or walking trail

Even small stuff adds up!



## Challenge Time! Come Up with 3 Step-Boosting Ideas Just for You:

(Here are a few examples to spark ideas: cleaning my room, walking the dog, taking the stairs at school)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Final Tip: Make It a Game!

- Set mini challenges with friends or family.
- Use stickers, charts, or apps to track your progress.
- Celebrate your milestones—every 1,000 steps deserves a high-five!

You've got this—one step at a time!

