



Maine in Motion

Finding Your Baseline Using a Pedometer

Week #1: Find your baseline.

1. Set your step counter to zero and go about your daily routine.
2. Record your daily steps on your personal fitness calendar (i.e., 5,500 steps on Day 1).
3. Continue to do this for five to seven days. You can either reset your pedometer daily or go for a grand total on your last day (i.e., seven day total is 38,500).
4. Find the average number of daily steps (38,500 divided by 7 = 5,500). This is your **baseline**. (You can also get your baseline by recording for 5 days or three days.)

Finding Your Baseline by Tracking Your Activity

Week #1: Find your baseline.

1. Record your daily time spent on physical activity (i.e., playing basketball, building snowmen, walking dog, ice skating, etc.) on your personal fitness calendar (i.e., 30 minutes on Day 1).
2. Continue to do this for five to seven days.
3. Add up all time spent and divide by the number of days recorded (three, five or seven). This is your **baseline**.

See **Individualized Student Challenge Levels** on page 20.