



Student Maine in Motion Personal Fitness Calendar

Track "Steps" or "Time"

Name: _____ School Name: _____

Grade: _____ Teacher's Name: _____

➔ Steps at Baseline: Daily Step Goal: or Daily Time Goal:

Week:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Warm Up Week 1								Week 1 Total:
								Week 2 Total:
2								Week 3 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
3								Week 4 Total:
								Week 5 Total:
4								Week 6 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
5								Week 7 Total:
								Week 8 Total:
6								Week 9 Total:
	Is it time to set a new step or time goal? Yes No New goal: _____							
7								Week 10 Total:
								Week 11 Total:
Cool Down Week 8								Week 12 Total:
								Week 13 Total:

Be sure to record your step or time goal above.

(over)

Challenge Medal Criteria

Gold Challenge Medal

Record activity at least 6 times per week for 6 weeks meeting your step or time goal

Silver Challenge Medal

Record activity at least 5 times per week for 5 weeks meeting your step or time goal

Bronze Challenge Medal

Record activity at least 4 times per week for 5 weeks meeting your step or time goal

Baseline Information

Baseline for Using a Pedometer

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**.

Baseline for Tracking Your Activity

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 (five or seven). This is your **baseline**.

12 years and younger -- 60 minutes of daily activity is recommended three to five days a week

13 years and older -- 60-75 minutes of daily activity is recommended three to five days a week

Return to:

Maine in Motion

11 Parkwood Drive, Augusta, Maine 04330