

Welcome to 10K-A-Day!



Why 10K-A-Day?

Because at 10,000 steps a day, you'll experience several health benefits:

- Enhanced alertness
- Higher HDL ("good") cholesterol
- Better self-esteem
- Improved mood
- Slower aging process
- Better sleep
- Lower stress levels
- Stronger heart
- Increased energy

You can work up to 10,000 steps gradually and enjoy all these health benefits, no matter what your current activity level.

Getting Started – Determine current average steps

Use your 10K-A-Day pedometer to count your steps for 3 consecutive typical days.

Day	Date	Notes	Steps
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____

Once you know your daily average, use the chart below as a guide for setting goals. 3-day total _____
Daily average (÷3) _____

10K-A-Day Goals

If your daily average is:	Week 1		Week 2		Week 3		Week 4	
	Days	Steps	Days	Steps	Days	Steps	Days	Steps
Under 4000 steps	2	5000	2	7500	3	7500	3	9000
	3	7500	3	9000	3	10000	3	10000
4001 steps-6000 steps	3	7500	1	7500	3	9000	2	9000
	2	9000	4	9000	3	10000	4	10000
6001+	3	9000	2	9000	1	9000	6	10000
	2	10000	3	10000	5	10000		

Work up to 10,000 steps a day gradually using the chart above as a guide.

Once you determine your daily goals for each week, begin recording your progress on the right side of this page.

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Week 1

Day	Date	Step Goals	Actual Steps
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____

Total Steps _____

Week 2

Day	Date	Step Goals	Actual Steps
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____

Total Steps _____

Week 3

Day	Date	Step Goals	Actual Steps
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____

Total Steps _____

Week 4

Day	Date	Step Goals	Actual Steps
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____
_____	____/____/____	_____	_____

Total Steps _____

Program Totals

	Steps	Days	Daily Average
Week 1	_____ ÷ _____	_____	_____
Week 2	_____ ÷ _____	_____	_____
Week 3	_____ ÷ _____	_____	_____
Week 4	_____ ÷ _____	_____	_____
Total	_____ ÷ _____	_____	_____