For more information, contact the Pedestrian and Bicycle Information Center at www.walkinginfo.org

Fitness Walking With a Pedometer – Mark Fenton's 20% Boost Program

Pick your goal. Eventually build up to: 10,000 steps per day for health
12,000 to 15,000 steps per day for weight loss
For aerobic fitness, make 3,000 to 6,000 of your daily steps *fast.*

Rough rule of thumb: 2000 steps per mile

Week #1 (Measure your steps in a typical week.) Don't change your routine; ignore the pedometer.

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today:							

Week #2 (Boost your average daily steps by 20%) Start with the easy stuff!

Average steps week #1_____ **Multiply by 1.2** _____ **Goal average for week #2** _____

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today:							

Total # of steps for the 7 days _____ Divide by seven _____ Average steps week #2 _____

This week look for easy ways to add steps; get off the train a stop early, take the stairs, grab a five-minute stroll.

Week #3 (Try for another 20% boost.) Try to begin building routine steps into your life!

Average steps week #2 _____ **Multiply by 1.2** _____ **Goal average for week #3** _____

Date:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Steps Today:							

Total # of steps for the 7 days _____ Divide by seven _____ Average steps week #3 _____

Boost your steps permanently; leave the car behind, commute on foot; stroll for errands; walk the kids to school or a friend's.
Help build a more walkable world: lobby for sidewalks and crosswalks, help build or maintain a trail, be a walking role model.

Mark Fenton is the producer of the PBS series, *America's Walking.* Previously, he competed as an Olympic race-walker and was editor of *Walking Magazine.* Mark currently serves on the Board of Directors of America Walks (www.americawalks.org), the national coalition of walking advocates.