

Did you know it only takes 10,000 steps a day to be active?

Keep track of your activity below!

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**HOW MANY
STEPS HAVE
YOU TAKEN
TODAY?**

Guidelines for Adults

- < 5,000 = sedentary
- 5,000 - 7,499 = low active
- 7,500 - 9,999 = somewhat active
- ≥ 10,000 = active
- > 12,500 = highly active

Source: Catrine Tudor-Locke, Arizona State University. Affiliate Scholar, Canadian Fitness and Lifestyle Research Institute.



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www.participACTION.com