# 10,000 Steps Logbook

**Every step counts.**

## About Us

The 10,000 Steps Program (10000steps.org.au) is a free, not-for-profit, evidence-based, multi-strategy initiative that motivates individuals to increase daily physical activity by setting goals and tracking steps. We provide a range of strategies and resources for workplaces and communities to support their employees or community members to be active every day. The Program is developed and delivered by physical activity and digital health researchers at CQUniversity Australia.

# Welcome to the 10,000 Steps Program

This logbook is a handy guide to start tracking your daily physical activity. For more support with tracking your steps and progress, join the interactive Program for **FREE** via the website, apple, and android apps. Your 10,000 Steps dashboard will allow you to:

- Track and view daily step goal progress

- View your activity with graphs and statistics

- Join Monthly Step Challenges

- Join Race and Time-out Tournaments for workplace and community teams

- Connect with friends and family

- Create or join a Group with customised monthly Group goals

- View milestone badges earned

- *Learn & Discover* more about physical activity, health and wellbeing.

Want to know more? Get involved today:

Access online
10000steps.org.au

Download on the
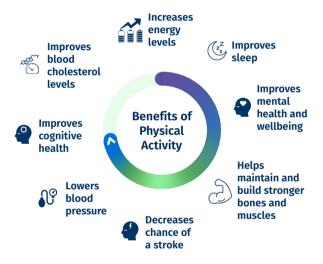App Store

GET IT ON
Google Play

# Why be Active?

Regular physical activity can reduce your risk of developing lifestyle-related health problems, including cardiovascular disease, type 2 diabetes, osteoporosis, some forms of cancer, and mental health conditions. Being physically active will help you to feel healthier and happier.

**Increases energy levels**

**Improves sleep**

**Improves blood cholesterol levels**

**Improves mental health and wellbeing**

**Benefits of Physical Activity**

**Improves cognitive health**

**Helps maintain and build stronger bones and muscles**

**Lowers blood pressure**

**Decreases chance of a stroke**

The 10,000 Steps Program will assist you in your goal of becoming more active.

# Australia's Physical Activity Guidelines

The Australian Government have developed physical activity and sedentary behaviour guidelines for all age groups and for pregnancy. These outline how much physical activity you should do to gain health benefits. They also highlight the importance of reducing the time you spend sitting or lying down, and how much sleep you should get.

It's important to remember the following:

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and build up over time

- Be active most days, preferably every day

- Incorporate different types of movement into your routine, including strength, balance, and flexibility activities, as appropriate for your age group. Vary the intensity for added benefits

- Work towards meeting the Australian Government's physical activity guidelines to gain the most health benefits

- If you are older, have a health problem, or a disability, ask your doctor, health professional or exercise physiologist about setting appropriate physical activity goals and plans.

Visit the 10,000 Steps website for the full guidelines: **www.10000steps.org.au/learn-and-discover/category/physical-activity-guidelines/**

# Physical Activity in your Everyday

Physical activity is important for people of every age and it's never too late to start reaping the benefits, regardless of how active you currently are.

Some tips for getting started:

- **Start small** – the good news is that ALL physical activity improves your health!

- **Make it fun** – doing physical activity you enjoy will help you keep it up in the long run, so you receive continued health benefits

- **Make it social** – being active with others helps you stay motivated and encourages you to keep being active

- **Mix it up** – ANY activity is good for you, so if you get tired of one activity, switch to something else

- **Make it a habit** – include it as part of your everyday routine so it happens regardless of how busy you are

- **Make it safe** - stay hydrated and remember to Slip, Slop, Slap, Seek, Slide.

If you find something you enjoy, that fits in with what you're doing, saves you time or is satisfying, physical activity will quickly become part of your everyday. And remember, whether you do your activity all at once or in smaller amounts, every minute counts!

# Physical Activity in the Workplace

Because most adults spend half their waking hours at work, increasing physical activity during the workday is a practical way to become more active.

Here are a few ideas for moving more on a workday:

- Check your pedometer regularly during the day
- Walk or cycle to work
- Go for walking meetings where practical
- Park further away from your workplace
- Use public transport
- Choose the stairs instead of the lift
- Replace a call or email with an in-person chat
- Use your lunchtime to be active
- Start a walking group with colleagues
- Organise a 10,000 Steps team Tournament or use the Groups feature to connect with workmates.

# Getting Started with your Pedometer

Your pedometer is a portable, user-friendly device that counts steps by detecting motion. Clip it to your belt, pop it in your pocket, or wear it on a lanyard. Use it ALL day!

Research has shown that people who track their steps have higher physical activity levels. Tracking steps helps you become aware of how much you are moving every day and recording your steps can be a powerful motivator. Awareness is key!

**Calculate your daily baseline steps** – knowing where you start is great motivation for improvement. To calculate your baseline steps, record your steps for 4 days, add the step totals together, then divide the total by 4. For greater accuracy, do this for a week and find the average over 7 days.

**Set a daily step goal** – this can change over time, and is a great way to encourage you to make more active choices throughout your day. Base your first step goal on your current activity levels (baseline steps), and overall health and fitness goals. Adjust as you go on.

It's OK if you aren't currently meeting the physical activity guidelines or don't always achieve your goal steps. Increasing your activity by 500-1,000 steps per day will provide health benefits. For example, if you walk on average 4,000 steps per day at your baseline, try taking an average of 4,500 steps a day in week one, and 5,000 in week two. Keep slowly increasing until you reach a level that is challenging, but also something you can maintain.

# How to use this Logbook to Track your Steps and Other Activities

Record your progress in steps. Use the 'Extra' column to record additional moderate* and vigorous** physical activity that cannot be tracked by your pedometer (e.g. cycling, swimming). Add them together to get your total.

## EXAMPLE

### Step Log

Week Beginning: _2nd September_

Daily step goal: _5,500_

⊘ Check when you reach your daily step goal

| Day | Steps Walked | Extra Activities* | Total Steps | |
|---|---|---|---|---|
| Monday | 5,846 | 1,000 | 6,846 | ⊘ |
| Tuesday | 7,251 | — | 7,251 | ⊘ |
| Wednesday | 4,165 | 2,000 | 6,165 | ◯ |
| Thursday | 4,158 | 1,000 +1,500 = 2,500 | 6,658 | ⊘ |
| Friday | | | | ◯ |
| Saturday | | | | ◯ |

**\*Moderate activity** is physical activity that takes some effort, increases breath and heart rate, but you are still able to talk (e.g. brisk walking, dancing, or social tennis). **1 minute of moderate activity = 100 steps.**

**\*\*Vigorous activity** is any activity that makes you 'huff and puff' and where talking full sentences between breaths is difficult (e.g. running and competitive sport). **1 minute of vigorous activity = 200 steps.**

You can also use the 10,000 Steps Program on the website and mobile apps where your own personal dashboard will track your progress over time. **Sign up for FREE at 10000steps.org.au**

# Step Log

Week beginning: _____

Daily step goal: _____

⊘ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|-----|-------------|-------------------|-------------|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |
| Comments from week: | | | |

**\*Extra Activities**
1 minute moderate activity = 100 steps
1 minute vigorous activity = 200 steps

## Re-energise
**Get up 15 minutes earlier to stretch, move or walk**

# Step Log

**Week beginning:** _____

**Daily step goal:** _____

⊘ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|---|---|---|---|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |

Comments from week:

**\*Extra Activities**
**1 minute moderate activity = 100 steps**
**1 minute vigorous activity = 200 steps**

## Have fun
**Play outdoor games or take your dog for a walk**

# Step Log

Week beginning: _____

Daily step goal: _____

⊘ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|---|---|---|---|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |
| Comments from week: | | | |

**\*Extra Activities**
1 minute moderate activity = 100 steps
1 minute vigorous activity = 200 steps

## Add some steps
**Choose the stairs instead of the lift**

# Step Log

**Week beginning:** _____

**Daily step goal:** _____

⊘ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|---|---|---|---|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |
| Comments from week: | | | |

**\*Extra Activities**
**1 minute moderate activity = 100 steps**
**1 minute vigorous activity = 200 steps**

## Re-energise
**Go for a quick walk around the house in TV ad breaks**

# Step Log

Week beginning: _____

Daily step goal: _____

⊘ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|---|---|---|---|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |
| Comments from week: | | | |

**\*Extra Activities**
1 minute moderate activity = 100 steps
1 minute vigorous activity = 200 steps

## Have fun
**Catch up with a friend and talk while you walk**

# Step Log

**Week beginning:** _____

**Daily step goal:** _____

**10,000 STEPS**

☑ **Check when you reach your daily step goal**

| Day | Steps Walked | Extra Activities* | Total Steps |
|---|---|---|---|
| Monday | | | ○ |
| Tuesday | | | ○ |
| Wednesday | | | ○ |
| Thursday | | | ○ |
| Friday | | | ○ |
| Saturday | | | ○ |
| Sunday | | | ○ |
| **Weekly Total** | | | ○ |

Comments from week:

**\*Extra Activities**
**1 minute moderate activity = 100 steps**
**1 minute vigorous activity = 200 steps**

## Add some steps
**Park your car further away and walk to your destination**

**10,000 Steps Pedometers and Logbooks are distributed by:**
Health Management Group
**T:** 1800 000 180
**E:** info@healthmg.com.au
**W:** 10000steps.org.au/pedometers



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