GO *for* 21

(1) Before you begin 21 Simple Strides, record your steps or activity time daily for 3 days (P1, P2, & P3).
(2) If using a pedometer, use Formula A on the next page, find your daily average. If you are not using a pedometer but using activity time, use Formula B.
(3) Set a daily goal or use one provided below. Gradually increase your steps or activity time everyday to reach your ultimate goal by the 21st day.

Day	Date	Number of Steps	Activity Time	Activity
example	4/22/2008	1400	15 min	Walking at work
P1				
P2				
P3				
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				

GO for 21 FORMULAS

Formula A: Determining the number of STEPS you need to increase each day to meet your goal.

Finding daily average steps: _____ ÷ 3 = _____
Total Steps for 3 days — Daily Step Average

Finding number of steps you will need to increase: _____ - _____ ÷ 21 = _____
End Goal — Daily Average — Number to increase steps by each day

Example A:
Finding daily average steps: 5359 ÷ 3 = 1796
Total Steps for 3 days — Daily Step Average

Finding number of steps you will need to increase: 10000 - 1796 ÷ 21 = 391 steps
End Goal — Daily Average — Number to increase steps by each day

Suggestions for Step Number End Goal:
4000 steps - helps prevent chronic disease
8000 steps - improve fitness levels
10,000 steps - weight loss

Increasing total number of steps each day should be your primary goal.

Formula B: Determining the number of MINUTES you need to increase each day to meet your goal.

Finding daily average minutes: _____ ÷ 3 = _____
Total Minutes for 3 days — Daily Average Physical Activity Time

Finding number of minutes you will need to increase by the 21st Day _____ - _____ ÷ 21 = _____
End goal — Daily Average — Number of minutes to increase by each day

Example B:
Finding daily average minutes: 70 ÷ 3 = 23
Total Minutes for 3 days — Daily Average Physical Activity Time

Finding number of minutes you will need to increase by the 21st Day 60 - 23 ÷ 21 = 1.8 minutes
End goal — Daily Average — Number of minutes to increase by each day

Suggestions for Physical Activity Time End Goal:
30 minutes - helps prevent chronic disease
60 minutes - improve fitness levels
90 minutes - weight loss

Increasing your total amount of physical activity time each day should be your primary goal.