

1-WEEK YOUTH ACTIVITY ASSESSMENT Log

Name:

Instructions:

- Wear the pedometer tightly on your waist (beltline) and directly over your right leg.
- Reset your pedometer to ZERO after each day
- Record your total stepcount for two full SCHOOL DAYS (e.g., 7 a.m. to bedtime)
- Record your total stepcount for two full WEEKEND DAYS (e.g., 7 a.m. to bedtime)

*If you play sports include the pedometer stepcount during that sport (when the pedometer can be worn with your athletic gear)

Return this log to the next Personal Fitness merit badge class

Total # of Steps

School day Date:	
School day Date:	
Weekend day Date:	
Weekend day Date:	
Comments:	