

The plan is to start from where **you** are currently and to gradually increase the amount you walk over 12 weeks.

Use the **pedometer** to record the number of steps you do each day and write them in your PACE-UP diary.

Weeks of PACE-UP walking programme	Target number of steps
1-2	Add in 1500 steps on 3 or more days per week
3-4	Add in 1500 steps on 5 or more days per week
5-6	Add in 3000 steps on 3 or more days per week
7-12	Add in 3000 steps on 5 or more days per week
<b>Remember</b> 1500 steps equals about 15 minutes of walking & 3000 steps equals about 30 minutes of walking.	

## What does this mean for you?

**From the pedometer worn at baseline your average number of daily steps was .....**

**Your 12 week programme will be as follows:**

Add in extra steps to your baseline average of .....steps per day. Record your daily step-count on the PACE-UP diary sheets.

**First month** add in 1500 steps per day (which is about equal to a 15 minute walk), gradually increasing from 3 to 5 days per week

**Second month** add in 3000 steps per day (which is about equal to a 30 minute walk) gradually increasing from 3 to 5 days per week

**Third month** is maintenance, keep on adding in 3000 steps per day (about equal to a 30 minute walk) on at least 5 days per week.

**By the end of 12 weeks the aim is for you to be walking an extra 3000 steps most days of the week. If you can do this, your average number of daily steps should have increased to about ..... steps.**