

POWER STANDARD 3: I Participate Regularly**DAILY PEDOMETER LOG**

Name: _____

Log the number of steps from your pedometer each day. Total them in the space provided. Record each weekly total and the grand total at the end of week 10.

Day	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Grand total
Sunday											
Monday											
Tuesday											
Wednesday											
Thursday											
Friday											
Saturday											
Total											

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).