


# Measuring your progress<sup>2</sup>

Measuring your progress is a great way to help set goals, stay motivated and is a good strategy to help increase physical activity because you can see how far you have come.

There are a number of ways you can measure and monitor your progress. For example, a walking log (see page 13) is a valuable tool to record your daily physical activity.

Perhaps you wear a pedometer to track all the steps you take during the day. Record the number of steps at the end of each day to determine whether you have met your personal goal. You can see at a glance how you have progressed over time. See pg. 10-12 for more information on pedometers.

Some people monitor duration, frequency and intensity of walks. See Start Walking on pg. 2 for more information. Another way to monitor your progress is how you feel. Perhaps you feel better; more fit, have more energy or are more productive once you start walking.



*“I feel so much more productive when I get out for a walk,  
even if it’s only for 10 minutes”*

*(Bonnie Conrad, Healthy Workplace Department).*