

Pedometer Challenge Worksheet

Objective	Plan	Date Achieved	Notes
1. Planning			
Target population			
How many participants?			
How long will the challenge last?			
Will they compete individually or in groups?			
Number of pedometers			
How long will the pedometers be checked out?			
How often will the steps be tallied? (weekly, bi-weekly, monthly)			
Who will be awarded?			
What will the awards be?			
Who will help with various duties?			
Preparing (printing, copying, organizing materials)			
Tallying step counts			
Purchasing rewards			
Asking for donations			

Pedometer Challenge Worksheet

Objective	Plan	Date Achieved	Notes
Costs (if applicable):			
Pedometers			
Log books			
Walking maps			
Evaluation forms			
Other			
Develop Materials:			
Pedometer information			
Record book			
Challenge rules			
Walk maps			
Evaluation forms			
Flyers			

Pedometer Challenge Worksheet

Objective	Plan	Date Achieved	Notes
2. Promotion			
Post signs			
Distribute emails			
Hold information session			
3. Identify Leadership			
Appoint leaders			
Allocate responsibility			