



## PEDOMETER PROGRAM REGISTRATION FORM

NAME: \_\_\_\_\_  
(please print)

EMPLOYEE ID: \_\_\_\_\_

DEPARTMENT: \_\_\_\_\_

DIVISION: \_\_\_\_\_

Do you need a pedometer: \_\_\_\_\_ Yes \_\_\_\_\_ No, I already have a step tracker

My Goal is: \_\_\_\_\_ Steps per Day

Your logbook will be emailed to you

### How to Achieve Your Goal

To avoid injury, work up slowly. If you have any concerns about your joints (ankles, knees or hips) discuss your exercise plans with your physician. You will need a good pair of walking shoes. Start out by wearing the pedometer each day for two weeks and don't do anything to change your normal routine. Remember to log your steps at the end of the day for the entire two-week period.

At the end of the second week, take a look at how many steps you are taking each day in the course of living your life. Perhaps on some days it is as few as 3,000 steps in a day, and on other days it may be as high as 10,000 steps. You may choose to select the highest number of steps on any of those days as your initial daily goal, or you may average out your steps for the two weeks and use the average as your daily goal.

Aim for your goal each day for the next two weeks. Let's assume your first step goal is 5,000 steps. That means that for the next two weeks, you are going to try to walk 5,000 steps each day. Before bedtime each night, be sure to log in the number of steps you actually took. At the end of that two-week period, review all the steps you took each day and decide if you are ready to add another 500 steps to your goal. Your new step goal is now 5,500 steps a day for the next two-week period. Continue in that manner, working up as slowly as you wish, until you finally reach your personal goal.

Check with your physician if you experience any pain or discomfort that concerns you. We consider pain a warning signal that something may be wrong. Our hope is that you can be active for the rest of your life.

### RELEASE:

Program enrollees agree to indemnify, save harmless and defend Clackamas County, its officers, commissioners, employees, agents, and independent contractors, from and against all claims and actions arising out of or based upon damage or injuries from participation in the Pedometer program. The undersigned enrollee acknowledges they are voluntarily participating in the Clackamas County Pedometer Program. Enrollees are advised to consult with their health care provider before participating in any physical activity.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date