



## Individual Step- Up BADGE WORKSHEET

<b>Step Recorder</b>							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Number of Steps</b>							
<b>Step Count Reset? (Yes or No)</b>							
	<b>Daily average</b>						
	(Add up all steps and then divide that number by the number of days at camp. Final average must be over 16,000 to obtain the step-up badge.)						

- a. Describe ways in which you can be more active at school and at home.
  
  
  
  
  
  
  
  
  
  
- b. Describe ways in which you can help your family be more active. (Identify parks, hiking trails, pools, plan more active holiday traditions, etc.)
  
  
  
  
  
  
  
  
  
  
- c. Make a plan to continue being active for the next year.
  - I will be more active daily by:
  
  
  
  - Weekly, my family will be more active together, by:
  
  
  
  - For the \_\_\_\_\_ holiday, we will be more active by starting this new active tradition:
  
  
  
  - For the \_\_\_\_\_ holiday, we will be more active by starting this new active tradition:



## Pedometer Conversions

Use this chart to convert activities that are not easily measured by a pedometer. Multiply the number of minutes you participated in the activity by the number indicated in the chart. Use only the timed, converted steps for your step count. Do not also include the pedometer steps if you were wearing your pedometer while performing the activity.

PLEASE NOTE: Conversions are estimates; your actual steps may vary

Activities	Steps/Minute*	Activities	Steps/Minute*
Baseball	130	Rowing	147
Hiking	172	Sailing, boat and board	91
Basketball, recreational	130	Scuba Diving	203
Bicycling, easy pace	130	Skateboarding	102
Bicycling, moderate pace	170	Skiing, cross-country	114
Bicycling, vigorous pace	200	Sledding	158
Canoeing	91	Snowboarding	182
Climbing, rock/mountain	270	Swimming, backstroke	181
Cooking	61	Swimming, butterfly	272
Firewood-carrying/ chopping	60	Swimming, freestyle	181
Frisbee	91	Swimming, leisure	174
Gardening	80	Swimming, treading water	116
Handball	348	Volleyball	91
Kayaking	152	Water aerobics	116
Rock climbing	244	Water polo	303
Rollerblading	156	Water skiing	145

\* Steps/Minute equals steps per minute.

Sources: America on the Move; Healthy Steps to Albany; Concordia Plan Services.

<http://www.purdue.edu/walktothemoon/activities.html>



# Pedometer Instructions



Correct positioning of the pedometer is important to assure an accurate count.

To correctly position your pedometer:

- Place it on your waistband over your hipbone.
- Make sure that the pedometer is not tilted forward or backward.
- To make sure that you have it positioned correctly, walk 20 steps and check the pedometer. If it shows less than 17 or more than 23 steps, reposition the pedometer and try again.

Each time you walk:

- Press “Clear” to reset the pedometer ***immediately before*** you begin walking. The number “0” should appear. Please reset the pedometer every time you walk.
- Record the number of steps you took with your troop leader on the white board ***immediately after*** the end of breakfast on the following day!



**Troop Step Up Challenge Worksheet**

**Daily Step  
Count**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Total**

<p>Record tally at Breakfast from previous day</p>	<p>+ _____</p>	<p>+ _____</p>	<p>+ _____</p>	<p>+ _____</p>	<p>+ _____</p>	
<p><b>Reset Check</b> (Check box when each camper resets pedometer for the day.)</p>						

The daily tally should be an average of steps for all participating scouts. (i.e. total steps divided by number of scouts)