



The Pedometer Challenge - Tuesday 19th – 26th Feb walk... scoot...cycle...or...get active in any way you can think of!

The person with the highest number of steps over the week will win
[INSERT PRIZE]

How to take part

- If you'd like to take part collect your pedometer at [INSERT] on [INSERT DATE] and start wearing it straight away.
- Pull the see through tag to activate the pedometer.
- Attach the safety lanyard to the pedometer to prevent losing it if it comes unclipped.
- Clip your pedometer and the safety lanyard to the top of your trouser or skirt or on a belt close to your hip.
- Wear it as soon as you get up and until you go to bed. The pedometer is NOT waterproof!
- Write down the reading on the pedometer each night in the table below, but **DO NOT RESET** the pedometer. We want to record the total number of steps you did over the whole week.
- Record the way(s) in which you travelled each day, using the key below, include all the ways you travelled that day.
- Return your completed table and show the reading on your pedometer to [INSERT LOCATION] at **[INSERT DATE and TIME]**.
- Anyone found or thought not to be entering into the spirit of the challenge will be excluded from entering the prize draw.

Daily Record Table

Do **NOT** reset the pedometer each day, just record the ongoing reading

Type of travel: **W = walk, S = scoot, C = cycle, B = bus, T = train, O = other**

Name:		Tutor Group:
Day	Pedometer reading	Types of travel used, use key above
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Total steps:		
Total distance (miles)*:		

*See over the page for the calculation to convert number of steps into miles.

Calculating Your Distance Travelled

Work out the distance you have travelled in the following way:

1. Measure the distance it takes you to walk 5 steps in meters and then divide the distance by 5.
e.g. 5 steps = 4 meters
 $4 \text{ meters} / 5 = 0.8 \text{ meters} - \text{stride length} = 0.8 \text{ meters}$
2. Multiply the total number of steps recorded on your pedometer by your stride length.
e.g. $25,556 \text{ steps} \times 0.8 = 20,444.8 \text{ meters}$
3. Convert meters into kilometres by dividing by 1,000
e.g. $20,444.8 \text{ m} / 1,000 = 20.4 \text{ km}$
4. Convert kilometres into miles by multiplying your distance in kilometres by 0.62137
e.g. $20.4 \text{ km} \times 0.62137 = 12.6 \text{ miles}$

Hints and tips

- Actively travelling to and from school by foot, scooter or bike will help boost the number of steps you do each day.
- If you can't travel all the way to and from school then why not be dropped and picked off at a distance from school. This way you can actively travel part of the way.
- Take the stairs where ever possible instead of using lifts and escalators.
- Walk or cycle a slightly longer route
- Walk or cycle to the shops, park or to meet friends instead of taking a lift.

Things to consider

- Wear a cycle helmet and clothing which will help you be seen
 - Keep it legal – Reflectors and lights at the front and back of your bike when dark.
 - Stick to roads with slower speed limits and use safe road crossing points
 - Get help planning your active travel journey by visiting www.travelwest.info
 - Meet up with friends and travel to and from school together
 - Tell your grown up your planned route and have a means of contacting them
 - Avoid areas where they feel at risk or vulnerable - use well lit, well used, visible routes especially in the dark
 - Make sure your bike's road worthy by checking your:
 - brakes work
 - tyres are fully inflated
 - wheels are correctly attached
 - saddle's the correct height and not above the maximum extension mark.
- A guide to basic bike maintenance can be found on www.betterbybike.info.

Let the challenge begin!

Good Luck