



KGWO 2007 Phase II Log Sheet

Name: _____

Track Your Steps

(1 Mile = 2000 to 2200 steps)

Day and Date	Baseline Week 1
<i>Monday, May 21</i>	
<i>Tuesday, May 22</i>	
<i>Wednesday, May 23</i>	
<i>Thursday, May 24</i>	
<i>Friday, May 25</i>	
<i>Saturday, May 26</i>	
<i>Sunday, May 27</i>	
Total Baseline Steps	
<i>Daily Average (optional)</i>	

Baseline Instructions

1. Wear your pedometer for a week and don't change your normal routine.
2. At the end of each day, log your daily steps on this sheet.
3. Each morning reset your pedometer and strap it back on your hip and you're ready to go again.
4. Add your total steps for each day at the end of the week. This will provide you with your baseline number to get started!
5. Record this number (Week 1's Total Baseline Steps) on the Total Baseline Steps column on **EVERY LOG SHEET. Your Baseline number does not change.** It will be the same number on all log sheets.
6. Based on your baseline steps, set a step goal for Weeks 1 and 2 by adding 5% to your baseline steps.
7. 15,000 steps a day or 105,000 steps a week is the max! Once you reach this number your goal for the remainder of the program is to maintain this number of steps for the rest of the program.

Complete this log sheet and then fax, email or drop off at Ho`ola Lahui Hawai`i. This log sheet is due on or before 12 noon Monday, May 27, 2007.

Fax: 246-9551

Email: kqwo2007@yahoo.com

Drop Off: 4491 Rice Street, Lihue.

KGWO Phase II Log Sheet

Week 2 and Week 3

Track Your Steps

Name: _____

(1 Mile = 2000 to 2200 steps)

	Week 2			Week 3			
Total Baseline Steps from Week 1							
May 28 – June 3	+ 5%			June 4 – June 10			
Weekly Goal				Weekly Goal			
Day/ Date (Week 2)				Day/ Date (Week 3)			
Monday, May 28				Monday, June 4			
Tuesday, May 29				Tuesday, June 5			
Wednesday, May 30				Wednesday, June 6			
Thursday, May 31				Thursday, June 7			
Friday, June 1				Friday, June 8			
Saturday, June 2				Saturday, June 9			
Sunday, June 3				Sunday, June 10			
Weekly Total				Weekly Total			
Did I Achieve My Goal...circle one.	Yes	No	½	Did I Achieve My Goal...circle one.	Yes	No	½

**How to set your weekly goals for Weeks 2 and 3:
The Formula**

Baseline steps: _____
 x .05 (5%): _____
 = _____

+ Baseline steps: _____
 = Weekly Goal: _____

- Be sure to circle "Yes, No or ½" about achieving your weekly goal.
- Once you reach 105,000 steps weekly...do not add %. Your goal for the remainder of the program is to maintain 105,000 steps weekly.

You have 2 weeks to complete this log sheet. Complete this log and then fax, email or drop off at Ho`ola Lahui Hawai`i on or before noon on **Tuesday, June 12**. (Because Monday is a holiday)

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KGWO Phase III Log Sheet Week 4 and Week 5

Name: _____

Track Your Steps

(1 Mile = 2000 to 2200 steps)

	Week 4 June 24 - 30				Week 5 July 1 - 7		
Total Baseline Steps From Week 1							
June 11 – June 17	+ 10%			June 18 – June 24	+10%		
Weekly Goal				Weekly Goal			
Day/ Date (Week 4)				Day/ Date (Week 5)			
Monday, June 11				Monday, June 18			
Tuesday, June 12				Tuesday, June 19			
Wednesday, June 13				Wednesday, June 20			
Thursday, June 14				Thursday, June 21			
Friday, June 15				Friday, June 22			
Saturday, June 16				Saturday, June 23			
Sunday, June 17				Sunday, June 24			
Weekly Total				Weekly Total			
<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½	<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½

How to set your weekly goals for **Weeks 4 and 5:** **The Formula**

Baseline steps: _____
 x .10 (10%): _____
 = _____
 + Baseline steps: _____
 = Weekly Goal: _____

- Be sure to circle “Yes, No or ½” about achieving your weekly goal.
- Once you reach 105,000 steps weekly...do not add %. Your goal for the remainder of the program is to maintain 105,000 steps weekly.

Take 2 weeks to complete this log and then fax, email or drop at Ho`ola Lahui Hawai`i on or before noon on **Monday, June 25, 2007.**

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KGWO Phase III Log Sheet Week 6 and Week 7

Name: _____

Track Your Steps

(1 Mile = 2000 to 2200 steps)

	Week 6				Week 7		
Total Baseline Steps From Week 1							
June 25 – July 1	+ 15%			July 2 – July 8	+15%		
Weekly Goal				Weekly Goal			
Day/ Date (Week 6)				Day/ Date (Week 7)			
Monday, June 25				Monday, July 2			
Tuesday, June 26				Tuesday, July 3			
Wednesday, June 27				Wednesday, July 4			
Thursday, June 28				Thursday, July 5			
Friday, June 29				Friday, July 6			
Saturday, June 30				Saturday, July 7			
Sunday, July 1				Sunday, July 8			
Weekly Total				Weekly Total			
<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½	<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½

How to set your weekly goals for
Weeks 6 and 7:
The Formula

Baseline steps: _____

x .15 (15%): _____

= _____

+ Baseline steps: _____

= Weekly Goal: _____

- Be sure to circle “Yes, No or ½” about achieving your weekly goal.
- Once you reach 105,000 steps weekly...do not add %. Your goal for the remainder of the program is to maintain 105,000 steps weekly.

Take 2 weeks to complete this log and then fax, email or drop off at Ho`ola Lahui Hawai`i on or before noon on **Monday, July 9, 2007.**

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KGWO Phase II Log Sheet

Week 8, 9 and 10

Name: _____

Track Your Steps

(1 Mile = 2000 to 2200 steps)

	Week 8			Week 9			Week 10				
Total Baseline Steps From Week 1											
July 9 – July 15	+ 20%			July 16 – July 22	+20%			July 23 – July 29	+ 20%		
Weekly Goal				Weekly Goal				Weekly Goal			
Day/ Date (Week 8)				Day/ Date (Week 9)				Day/ Date (Week 10)			
Monday, July 9				Monday, July 16				Monday, July 23			
Tuesday, July 10				Tuesday, July 17				Tuesday, July 24			
Wednesday, July 11				Wednesday, July 18				Wednesday, July 25			
Thursday, July 12				Thursday, July 19				Thursday, July 26			
Friday, July 13				Friday, July 20				Friday, July 27			
Saturday, July 14				Saturday, July 21				Saturday, July 28			
Sunday, July 15				Sunday, July 22				Sunday, July 29			
Weekly Total				Weekly Total				Weekly Total			
<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½	<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½	<i>Did I Achieve My Goal...circle one.</i>	Yes	No	½

Take 3 weeks to complete this log (weeks 8, 9 and 10) and then fax, email or drop off at Ho`ola Lahui Hawai`i on or before noon on the **Monday, July 30, 2007 to be eligible for prizes.**

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KGWO Phase II Log Sheet Due Dates

Fax: 246-9551

Email: kgwo2007@yahoo.com **Drop Off:** 4491 Rice Street, Lihue.

Program Week	Dates	Submit Log Sheets by:
Baseline Week	May 21 – May 27	Monday, May 27, 2007
Week 2 and 3	May 28 – June 10	Tuesday, June 12, 2007
Week 4 and 5	June 11 – June 24	Monday, June 25, 2007
Week 6 and 7	June 25 – July 8	Monday, July 9, 2007
Week 8, 9 and 10	July 9 – July 29	Monday, July 30 by 12 noon

Conversion Chart

Physical Activity	Amount of Steps	Physical Activity	Amount of Steps
Resistance Training	½ hour = 2000 steps	Water Aerobics	20 minutes = 2000 steps
Paddling (light)	½ hour = 2000 steps	Yoga	45 minutes = 2000 steps
Paddling (mod –heavy)	15 minutes = 2000 steps	Tai Chi	3 hours = 2000 steps
Swimming (leisure)	½ hour = 2000 steps	Tennis	10 minutes = 2000 steps
Swimming laps	15 minutes = 2000 steps	Surfing	10 minutes = 2000 steps