

PEDOMETER PROTOCOL

FOR STUDENTS

- PEDOMETER SHOULD BE WORN CLOSE TO YOUR HIP BONE (PLACE A FINGER ON YOUR KNEECAP AND DRAW AN IMAGINARY LINE UP TO YOUR WAIST). THE PEDOMETER SHOULD BE WORN STRAIGHT (NOT TILTED) AND IT SHOULD FIT SNUGLY AGAINST YOUR HIP.
- THE PEDOMETER SHOULD REMAIN DRY AT ALL TIMES
- DO NOT SHAKE THE PEDOMETER
- KEEP THE PEDOMETER ON AT ALL TIMES
- ONCE YOU RECORD YOUR STEPS, RESET YOUR PEDOMETER
- RECORD THE NUMBER OF STEPS EACH DAY ON YOUR RECORDING SHEET/WEBSITE (LOG-IT)
- PUT THE PEDOMETER IN THE SAME PLACE EVERY TIME YOU TAKE IT OFF

FOR TEACHERS

- PEDOMETERS ARE NUMBERED AND THE NUMBERS CORRESPOND TO CLASS LISTS TO ALLOW FOR TRACKING OF MATERIALS
- ESTABLISH A SAFE PLACE FOR STUDENTS TO STORE PEDOMETERS
- POSSIBLE TEACHER LOGO: IF YOU SHAKE IT, I TAKE IT (TO ADDRESS SHAKEN PEDOMETERS)
- TO ENCOURAGE RESPONSIBLE USAGE, OFFER INCENTIVES FOR WEARING THE PEDOMETER EVERY DAY FROM SECOND QUARTER ON
- TO ADDRESS FORGOTTEN PEDOMETERS, SEND EMAIL/AGENDA REMINDERS FOR STUDENTS/FAMILIES WHEN/IF PEDOMETER IS FORGOTTEN
- DETERMINE SCHOOL-WIDE POLICY FOR LOST PEDOMETERS WITH ADMINISTRATION