

Pedometer Tracking Log

SPARK Physical Education

Name: _____

Date: _____

SPARK Unit: _____

Class: _____

Activity Step Count Assessment

Activity #1 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	
<hr/>	
Activity #2 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	
<hr/>	
Activity #3 Name	
Total Activity Time	
Total Steps	
Steps Per Minute	

3 Activity Average Step Count

Activity 1 Step Count	
Activity 2 Step Count	
Activity 3 Step Count	
Total Step Count for All 3 Activities	
Average Step Count (Total Steps ÷ 3 = Average)	