

This 4-week plan sets out weekly goals which most people should be able to reach.

By the end of the four weeks you should be achieving **active living by walking** – that is, accumulating 30 minutes of walking, on most days of the week.

The plan can be followed by tracking either:

- **Number of steps taken** - using a step counter or fitness tracker (see below), or
- **Total number of minutes walked** over the course of a day

Using a Step Counter or Fitness Tracker to Increase Your Activity

If you choose to count steps you will need to use either:

- a **step counter** (pedometer) - a small, lightweight device which clips onto your waistband, or
- a **fitness tracker** (can be downloaded as an app to your smart phone, or bought and worn like a watch)

Many people report finding step counters or fitness trackers motivating because they can see the number of steps they're taking.

Baseline Step Count

Each person does a different number of steps each day of the week. This can range from 2 000 to 10 000 steps.

We suggest you start with your usual daily (baseline) number of steps, and increase gradually from there – see plan below.

	Target Number of Steps	On, number of days of the week
Usual daily (baseline) number of steps		
Week 1 target (baseline step count + 1500 steps)		3
Week 2 target (week 1 target + 1500 steps)		5
Week 3 target (week 2 target + 3000 steps)		3
Week 4 (week 3 target + 3000 steps)		5