



# COPD-Support Weekly Step Counter

\* Build up your endurance gradually. If you haven't been active for a long time, it's important to work your way up over time. Start out with 10 minutes at a time and then gradually build up. If you can't talk and walk at the same time, slow it down, and use Pursed Lip Breathing (there is a video on the Video Library page to show you how).

Date: \_\_\_\_\_ Daily Goal: 30 mins >5000 Steps

	Walk One Time Taken	Walk One # Steps	Walk Two Time Taken	Walk Two # Steps	Walk Three Time Taken	Walk Three # Steps	Total Time	Total Steps
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								
<b>Total Weekly Time &amp; Steps:</b>								

Total Mileage for the Week: \_\_\_\_\_ (2000 steps is approximately 1 mile)