



A Better Way Hypnotherapy & Laser Center

7 – C Brendan Way • Greenville, South Carolina 29615

(864) 242-5810

Walk-a-Weigh... Pedometer Program

Participant Overview and Questions

Why set personal goals?

Goal setting and record keeping are important in adopting and maintaining new behaviors. This program is designed to help everyone, regardless of his or her current activity level, become and stay physically active for a lifetime. It also allows for everyone, regardless of his or her current level of fitness, to start on an even playing field. If you're inactive now, you can set minimal, achievable goals. If you're already active, you can set goals that will encourage you to be consistent with your activities.

Why 10 weeks?

Ten weeks lets you progress from at least one readiness stage to another. It's also enough time to begin making your new, active behavior a positive habit. For those who are already active, the 10-week period is long enough to help you move toward the maintenance stage.

Why should I use a pedometer?

A pedometer will serve as a great motivator even if you aren't feeling so motivated. For example, if after a busy day you return home and see that you only walked 2,500 steps and your goal for the day was 4,500, then you will be more motivated to finish the rest of the steps required by going for a brisk walk.

How do I measure my stride length?

1. Walk 10 steps with your normal stride.
2. Measure distance from start to end in inches.
3. Calculate stride length by dividing the total distance by 10.
4. Convert stride length to feet and inches.
5. Record in the pedometer



How do I use the pedometer?

Each morning make sure that you have recorded the number of steps taken for the day before in your logbook and then reset the pedometer to zero steps. Then, attach the pedometer on your waistband or belt directly in line with the knee. This will assure it accurately measures your steps taken for the day. Remember that if your stride length changes (from walk to run, or visa-verse), your steps recorded may be skewed.

When should a participant exercise?

Everyone should find their own "best time" to exercise. Some people prefer early in the morning, others prefer evening, and still others find that lunchtime works best for them; getting in a brisk 10-minute walk during your break or mealtime may be refreshing. If that's not possible or desirable, find a time when your friends or family members would like to join you in physical activity.

What is the Rating of Perceived Exertion (RPE) Scale?

The scale below is designed to assist you in estimating the intensity level of your exercise (how your exercise or physical activity "feels" while you are performing it). For example, sitting in a chair would be perceived to be "very, very light" activity, around 6 or 7 on the RPE Scale. Getting up and walking easily across the room might be estimated to be "very light," around 8 or 9. Walking at a moderate pace is "fairly light" and would receive a rating of around 10 or 11, and picking up the pace to a brisk walk might be perceived as "somewhat hard" around 13. Walking as fast as possible might feel like a 14 and if it causes "breathlessness," 15.

Rating of Perceived Exertion Scale

How does your exercise intensity "feel" to you?	Rating Scale
Extremely light	6 – 8
Very light	9 - 10
Light	11 - 12
Somewhat hard	13 - 14
Hard	15 - 16
Very Hard	17 - 18
Extremely hard	19 - 20

Preferred exercise intensity for enhanced cardiovascular benefits

At what level of intensity should I exercise according to the Rating of Perceived Exertion (RPE) Scale?

It is recommended that you **not** exercise to the level of "breathlessness" (above 14 on the rating scale below). Therefore, pace your activity or exercise within a training zone or at a "feeling" as if you were exerting yourself somewhere in-between "fairly light" and a little more than "somewhat hard," (11-14) but not to the point of being short of breath! You should be able to talk to a friend as you exercise. Exercise should be enjoyable, stimulating, and invigorating so that you look forward to your regular activity. Exercising too hard is one reason why many people drop out of exercising.

Remember, "The Rating of Perceived Exertion is your inner feeling of how hard you are working at a given time. It is not a measure of how tired your legs are or how hard you are breathing, but rather your total perception of effort." Reports of exercise at a level "15" or "Hard" would be suggestive of overexertion and should serve as a stopping point.

What other important information should I know?

Important Note: If you experience any of the following:

- Chest discomfort such as pressure or burning,
- Chest discomfort radiating to the shoulders or down the arm,
- Extreme dizziness, disorientation, or weakness,
- Extreme shortness of breath or difficulty breathing

Stop Exercising!

(If any of the symptoms persist, seek immediate emergency medical assistance or call 911.)

If you have any further questions contact Dr. Jeff Kramer at (864) 242-5810 or drjkramer@charter.net



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Walk-a-Weigh... Pedometer Program

PEDOMETER LOG SHEET

(Baseline Data)

Name: _____ Date: _____

To establish a realistic goal for completing the Walk This Way...Pedometer Program start with a goal to increase the number of steps you take each day by 2,000 steps above your daily average. Research shows that with an increase of as little as 2,000 steps a day (about 15-20 minutes of additional walking) will actually stop weight gain and improve health in most people. Once you reach that goal keep on going. Once you reach an average of 10,000 steps a day you will be protecting yourself from heart disease and other chronic diseases too! Start where you are. Keep setting new goals each time you achieve your previous goal; and, don't forget to reward yourself for achieving your goals. You will reach them easily once you begin to develop a habit of active living.

During the week of _____ wear your step counter (pedometer) just to establish a baseline number of steps taken each day; follow your normal routine - do not change anything you normally do. Enter the number of steps you take each day during this baseline week on the spaces below under "Steps Today." Once you have completed this baseline week, calculate your average number of steps taken by dividing the total number of steps take by the number of days that you recorded your information. This value will help you establish your baseline and help to determine your goals for the program.

Baseline Week Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

*Record your Rating of Perceived Exertion (RPE) as a value between 6 and 20 (6 = extremely light & 20 = extremely high)

What was your average number of steps taken per day during the baseline week? (To get average, add up total number of steps taken for the baseline week and divide by number of days recorded.)

_____ (Total Baseline Steps Taken)

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_____ (Number of Days Recorded)

Average Number of Steps

Return this form to Dr. Kramer.

Walk-a-Weigh... Pedometer Program

PEDOMETER LOG SHEET

Name: _____

Date: _____

Week # 1 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 2 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 3 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 4 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 5 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 6 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

*Record your Rating of Perceived Exertion (RPE) as a value between 6 and 20 (6 = extremely light & 20 = extremely high)

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Walk-a-Weigh... Pedometer Program

PEDOMETER LOG SHEET

Name: _____

Date: _____

Week # 7 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 8 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 9 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

Week # 10 Log

	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.	Sun.
Date:							
Steps Today:							
Exercise Duration							
Exercise RPE*							

*Record your Rating of Perceived Exertion (RPE) as a value between 6 and 20 (6 = extremely light & 20 = extremely high)

Summary Data from Walk This Way...Pedometer Program

Initial Stage of Change Value:	
Initial Steps Goal:	
Initial Miles Goal:	
Final Stage of Change Value:	
Total Steps Taken (Weeks 1-10):	
Total Miles Walked (Weeks 1-10)*:	
Was this more or less than expected?	

* Note: 2000 steps equal approximately 1 mile.

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Short and Long-term Goal Setting Worksheet

(Initial Planning Questions & Contract)

Name: _____ Date: _____

Establish some short-term and long-term goals as a means of determining your success with the design and implementation of your new healthy lifestyle. First, to establish measurable goals, answer the following questions related to your goal:

1. What is your goal? _____

2. What are your reasons for wanting to achieve this goal? _____

3. List the steps or activities you must complete to achieve this goal. Include time frames for each step.
 - a. _____
 - b. _____
 - c. _____
 - d. _____
 - e. _____
 - f. _____
4. How will you measure your progress? _____

5. How will you know you have achieved your goal? _____

Walk This Way...Pedometer Program Goals:

I, _____, am contracting with myself to complete the ten-week *Walk-a-weigh... Pedometer Program* as a means of establishing a program of lifelong health and wellness. My program will start on _____. During this period, I will work toward accomplishing the following short-term and long-term goals:

1. Short-term goals (Usually can be accomplished in under 1-2 months):

a) I want to increase the number of steps taken per day from _____ to _____ by _____ (date). In addition, I will walk a total of _____ miles by the end of the ten-week *Walk-a-weigh... Pedometer Program*.

b) _____

2. Long-term goals (Usually can be accomplished in greater than 2 months):

a) _____

(Signature)

(Date)



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Initial Stage of Change Survey

Name: _____

Date: _____

Please read the six statements below. Circle the number of the one statement that best describes your current level of physical activity.

"Vigorous" exercise includes activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. Count any activity that makes you work as hard as jogging and lasts at least 20 minutes at a time. These types of activities usually increase your heart rate, make you sweat and make you feel out of breath (don't count weight lifting).

"Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house. Count any activity that makes you work as hard as brisk walking and that lasts at least 10 minutes at a time.

Current Physical Activity Status

1. _____ I don't exercise or walk regularly now, and I don't plan to start in the near future.
2. _____ I don't exercise or walk regularly, but I've been thinking about starting.
3. _____ I am trying to start to exercise or walk, or I exercise or walk infrequently.
4. _____ I'm doing moderate physical activities fewer than 5 times a week, or vigorous ones fewer than 3 times a week.
5. _____ I've been doing moderate physical activities 5 or more times a week, or vigorous ones at least 3 times a week, for the last 1 to 6 months.
6. _____ I've been doing moderate physical activities 5 or more times a week, or vigorous exercise at least 3 times a week, for 7 months or longer.

(Use this form to help in establishing your personal short and long-term goals.)