

Guide to approximate daily increases in step count and walking time

Use this chart to help estimate the approximate additional daily walking time required to achieve a 15-30% increase in step count

Average number of steps (baseline)	15% increase in step count	15% increase in walking time (minutes)	Guide to patients – approximate total increased walking time by week 6 (minutes)	30% increase in step count	30% increase in walking time (minutes)	Guide to patients – approximate total increased walking time by week 12 (minutes)
<3000	450	4.5	5	900	9	10
3000-5000	750	7.5	7-8	1500	15	15
5000-7499	1125	11.25	10-12	2250	22.5	20-25
7500-9999	1500	15.0	15	3000	30	30

(Based on an estimation of 100 steps per minute)