



Participant Initials  Study Number

Exercise Therapy Diary

**Step count record**

**Main Aim:** To increase your physical activity level and the distance you can walk by gradually increasing the number of steps you take on most days

**Week 1 to 2**

**Record of Daily Step Count at start of programme (for you to complete)**

Please wear the pedometer each day. At the end of the day please record the number of steps you have taken in the boxes below. If you forget a day, don't be concerned but please complete the chart for the next day.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Average daily step count *</u>

*\*Physio to complete*

**Target increase in walking at 6 and 12 weeks (For your physiotherapist to complete)**

The target is to increase your average number of steps by about 15% every 6 weeks to achieve an increase of 30% by the end of 12 weeks.

**By 6 weeks**, this would mean you would have increased the number of steps you take on most days by .....steps. This would mean walking an **additional .....minutes of walking most days.**



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By 12 weeks, this would mean you would have increased the number of steps you take on most days by .....steps. This would mean walking an additional .....minutes of walking most days.

**Week 6-7**

**Record of Daily Step Count at midway of programme** (for you to complete)

Please wear the pedometer each day. At the end of the day please record the number of steps you have taken in the boxes below. If you forget a day, don't be concerned but please complete the chart for the next day.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Average daily step count*</u>

*\*Physio to complete*

**Week 10-11**

**Record of Daily Step Count at end of programme** (for you to complete)

Please wear the pedometer each day. At the end of the day please record the number of steps you have taken in the boxes below. If you forget a day, don't be concerned but please complete the chart for the next day.

<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>	<u>Average daily step count*</u>

*\*Physio to complete*