

Adapted from:

Manpo-Kei: The Art and Science of Step Counting by Catrine Tudor-Locke, PhD.

Manpo-kei Calendar Log

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
_____	_____	_____	_____	_____	_____	_____
TOTAL STEPS:	TOTAL STEPS:	TOTAL STEPS:	TOTAL STEPS:	TOTAL STEPS:	TOTAL STEPS:	TOTAL STEPS:
_____	_____	_____	_____	_____	_____	_____
WORK Y N	WORK Y N	WORK Y N	WORK Y N	WORK Y N	WORK Y N	WORK Y N
OTHER Y N	OTHER Y N	OTHER Y N	OTHER Y N	OTHER Y N	OTHER Y N	OTHER Y N
TYPE AND TIME:	TYPE AND TIME:	TYPE AND TIME::	TYPE AND TIME::	TYPE AND TIME::	TYPE AND TIME:	TYPE AND TIME::

If you did other physical activities, write down how many minutes you were active. For example,

Yoga class 60 minutes
Zumba class 30 minutes

Water aerobics 30 minutes