



## TRACKING YOUR PROGRESS WITH AMERICA ON THE MOVE

America On the Move has demonstrated that Americans can stop weight gain by balancing the energy they burn with the calories they consume. This concept is known as “energy balance.” The concept of energy balance is simple: move more and eat smart. Start by making 2 small daily changes:

- Take 2000 more steps (or the activity equivalent)
- Eat 100 fewer calories (by eating smarter)

There are no complicated rules or special equipment. Just incorporate these small changes into your daily routine and, over time, you will see big results.

### Getting Started

If you haven't already, log on to [www.americaonthemove.org](http://www.americaonthemove.org) and select “Join Now” to register or you can call 1-800-807-0077 to register.

DAY	STEPS
1	
2	
3	
<b>Total</b>	
$\div 3$	
<b>= Baseline</b>	

### Step 1: Learn your Baseline

#### Activity

Wear your pedometer, or step counter, for 3 consecutive days, with at least 1 of the days being a Saturday or Sunday. Record your total steps each day. Divide your total steps by 3 to find your baseline (the average of all 3 days). If you do not have access to a step counter, you can also track your activity by minutes at [www.americaonthemove.org](http://www.americaonthemove.org).

It's important for you to know your current physical activity level before you try to boost your daily steps. Move about as you usually do. Do not try to increase your steps until you have set your baseline. Your baseline will be used as a measurement to determine your progress and improvement. Eating It is also important to note your eating practices and begin to identify ways to reduce your intake by 100 calories each day. If you need ideas, see the “100 Ways to Cut 100 Calories”, ask your healthcare professional for a copy or download a copy at [www.americaonthemove.org](http://www.americaonthemove.org).

#### Eating

It is also important to note your eating practices and begin to identify ways to reduce your intake by 100 calories each day. If you need ideas, see the “100 Ways to Cut 100 Calories”, ask your healthcare professional for a copy or download a copy at [www.americaonthemove.org](http://www.americaonthemove.org).

VISIT [WWW.AMERICAONTHEMOVE.ORG](http://WWW.AMERICAONTHEMOVE.ORG) OR CALL 1.800.807.0077

America On the Move, with support from **LEAN CUISINE**, presents the Healthcare Professional Toolkit, designed to show patients how small steps can lead to big changes that improve health and quality of life.

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## Step 2: Set Your Personal Step Goal

After you establish your baseline, it's time to participate in AOM's 6-week challenge. The initial goal is to increase your number of daily steps by 2000 over your baseline and eat 100 fewer calories per day. Once you can consistently achieve this goal, set a new goal by increasing your steps even more! You can track your progress online at [www.americaonthemove.org](http://www.americaonthemove.org) or offline with the form below. There is no magic number, but as your total daily steps increase, so do your health benefits. If you have any concerns or questions regarding your health or ability to start this program, consult your physician or healthcare professional.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES	DATE _____ STEPS _____ <input type="checkbox"/> 100 CALORIES
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## Step 3: Record Your Progress

Try to record your steps daily. Make sure that you record your last three days (days 40, 41, and 42) of steps in AOM's 6-week challenge. Divide your total steps by 3 to find your current daily steps (the average of all 3 days). If you registered using 1-800-807-0077, make sure to call back to report your baseline and your current daily steps at the end of the challenge. The operator will also ask you a few additional questions. If you're tracking online, you can record your progress and complete the challenge on the America On the Move website.

**AND REMEMBER, once you complete the 6-week challenge, keep going!**

DAY	STEPS
40	
41	
42	
Total	
÷ 3	
= Completion Avg.	

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