



# 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)

### GETTING STARTED

If you haven't already, log on to [www.americaonthemove.org](http://www.americaonthemove.org) and select “Get Involved Join Now” and register yourself and your family. You can also register individually by calling 800-807-0077. For more information on how to register your family as a group online, download “Get Your Family Started with America On the Move” in this Toolbox.

### Step 1: LEARN YOUR BASELINE

#### ACTIVITY

Wear your step counter for any 3 days within one week. 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, download “100 Ways to Eat Healthier” in this Toolbox.

DAYS / STEPS	DAYS / STEPS
1	40
2	41
3	42
Total	Total
÷ 3	÷ 3
= Starting Average (Baseline)	= Ending Average (Current Steps)

### 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 accompanying form. 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.

### 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 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.



VISIT: [www.americaonthemove.org](http://www.americaonthemove.org) • CALL: 800.807.0077



# tracking Your Progress with America On the Move

It's time for you and your family to take the 6-Week America On the Move Challenge! IT'S AS EASY AS 1, 2, 3!

**STEP 1: LEARN YOUR BASELINE** » **STEP 2: SET YOUR PERSONAL STEP GOAL** » **STEP 3: RECORD YOUR PROGRESS**  
 You and your Family can track each week using this form or go to [www.americaonthemove.org](http://www.americaonthemove.org) and set up an online group.

**IT'S FUN, ITS EASY, AND ITS ALL FREE!**

AOM User's Name: \_\_\_\_\_

**WEEK 1**

**SUN.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**MON.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**TUE.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**WED.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**THUR.** / /  
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 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**FRI.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**SAT.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**WEEK 2**

**SUN.** / /  
 I TOOK \_\_\_\_\_  
 STEPS TODAY  
 I MADE A HEALTHIER FOOD CHOICE TODAY

**MON.** / /  
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**SAT.** / /  
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**WEEK 3**

**SUN.** / /  
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**WEEK 4**

**SUN.** / /  
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**WEEK 5**

**SUN.** / /  
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**WEEK 6**

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