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Let's
Walk



WALES PEDOMETER
(CHALLENGE)

QUICK START GUIDE

www.walespedometerchallenge.org.uk



Using the Pedometer Challenge Website

Quick Start Guide

Welcome!

To use the pedometer challenge website you will need to register. Registration is free and simple, go to the 'join now' tab and click on the 'sign up now' link.

If you are a walking group or a workplace group and you would find it easier to register team members yourself then select the 'create a team member' option (see how below). We also recommend parents/ carers/ teachers register children and young people under the age of 13 by using the 'create a team member' option. The site is very easy to use and the best way to get to know it is to explore! When you have registered you will be able to see the 'member only' pages called 'my summary', 'my progress' and 'my teams'.

My Summary

On the 'my summary' page you can see your total steps, your best day and your daily average. You can also see your progress for your current challenge (or choose one from the list) and see news about your team (or one of them if you are in more than one).

My Progress

On the 'my progress' page you can add your steps in the dated boxes provided (if you have missed a few days of recording you can use the drop down calendar to go back to those dates if they are not showing on screen). Click on the graph to show your steps per day or a running total. You can also see your progress for different months and print off your progress by selecting 'printable progress graph'.

Challenges

Set yourself a challenge! Your progress against the available challenges (by %) will be shown, together with one of the challenges for one of your teams.

When you complete a challenge it will be shown in the Challenges drop-down box and the image will be stamped "challenge complete".

If you need any help use the 'contact us' facility and we'll get back to you ASAP!

Available Challenges

Here is a list of the challenges available on the website, with the total number of miles to complete it:

Cardiff half marathon	14 miles
Wales 3 peaks	144 miles
Walk the Wales coast path	870 miles
Tour the six nations stadiums	3277 miles
Distance from pole to pole	12416 miles
Distance around the Earth	24901 miles



Teams & Leagues

On the '**my teams**' page you can see which teams you are in and check on your joint progress.

If you are over sixteen you can also start a team. (click on the '**start a new team**' button - only showing if the person logged in is over sixteen). Fill in the create new team details and click.

When you go back to the '**my teams**' page you'll see your team is now visible.

Edit Team Details

This is where you can change your team name or your category, if you wish, and apply to join a league. There are a number of team categories: walking group teams, workplace teams, school teams, family teams and other.

View Team Members

This gives you a list of the people in your team. If you are a Team Leader (i.e. you were the person who set up your team) you see an option to add members to your team.

There are Two options:

1. Invite new members

If you use this option the person you invite will receive an email. If they accept your invitation and click on the link provided in the email they will be asked to log in (if they are already registered) or register if they are new to the site.

2. Create team members

We recommend you use this option to sign up walking group members that may not have access to a computer, on behalf of a work colleague or to sign up children in your family and for teachers to use to get their pupils signed up quickly. This option doesn't require the team member to have a password or to log in - the team leader updates their steps for them. You'll be asked to fill in a simple form for each new member.

Existing team leaders can change the team leader from the **View Team Members** page (provided that the person is over 16 - under 16s can't be team leaders).

You can join or set up more than one team and you can review the progress of each team by clicking View Graph.

Leagues

You can apply to join a league from the **edit team details** link (in my teams). Your request will be moderated by the Ramblers Cymru team before you will see your team listed in the appropriate league. If you have an idea for a league use the contact us link and we'll see what we can do!



Getting Started and Setting Goals

Pedometers are probably the most commonly used tool for measuring steps however you can use 'apps' or estimate your steps by time.

Wear your pedometer for a week and see how many steps you are doing as part of your normal routine. Use the challenge site to record these steps. You can call this your baseline week. The challenge site will calculate your daily average, see 'my summary'. Start setting yourself realistic goals to increase your steps. For example use the figures from your baseline week and aim to increase your average daily steps by 10%.

See how long it takes you to complete your first challenge. If you complete it in record time set yourself another one or join a team and challenge others.

Pedometers

Seeing how many steps you do and setting yourself challenges can be a good incentive to get you more active!

For accuracy try to use a motion pedometer or accelerometer rather than a coiled spring pedometer. These can be worn anywhere on the body including in your pocket or in a bag but don't cheat and put it on the dog!

You may find that very cheap pedometers can be frustrating by not always recording your steps so choose carefully! Pedometers are easily available from sports and outdoor shops and these days some mp3 players and smart 'phones (and even trainers!) have pedometers built in.

Most basic pedometers clip to your belt or your waistband. To record your steps accurately the pedometer needs to be in a vertical position and not tilting. A good place to attach it to keep it vertical is at the side or the back. It's a good idea to use a security strap for added safety.

Estimating my steps without a pedometer

If you haven't got access to a pedometer or perhaps you forgot to bring it with you on your walk then use this table as a rough guide.

30 minutes	3,000 steps
20 minutes	2,000 steps
10 minutes	1,000 steps
5 minutes	500 steps
1 minute	100 steps

Apps

There are a number of free apps available that record your steps just as a pedometer would do. If you have a smart phone check out what's available in your app store and give some of them a go to see which suit you best. Other devices often have a step counter built in.



Six Week Log to get you started

You can use this log to record your daily steps before putting them onto the Challenge website if you can't get to your computer everyday . As you get going on the challenge you can set yourself some goals too!

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Week 1 actual steps								
Week 2 goal								
Week 2 actual steps								
Week 3 goal								
Week 3 actual steps								
Week 4 goal								
Week 4 actual steps								
Week 5 goal								
Week 5 actual steps								
Week 6 goal								
Week 6 actual steps								

Steps and distances quick conversion chart

The website calculates your distance by saying that 2200 steps is approximately 1 mile or 1.6 kilometres.

Steps	500	1000	2000	3000	4000	5000	7500	10000
Miles (approx)	0.2	0.5	0.9	1.4	1.8	2.2	3.4	4.6
Km (approx)	0.4	0.7	1.5	2.2	2.9	3.6	5.5	7.3
Time (hrs:mins)	0:05	0:10	0:20	0:30	0:40	0:50	1:15	1:40