

Week 1

<b>Introductory meeting</b>	<b>Completed (tick/comment)</b>
What is the role of a peer mentor? <ul style="list-style-type: none"><li>• Discuss the peer mentor's commitment and main tasks (P.9)</li></ul>	
Physical activity – how much is enough? <ul style="list-style-type: none"><li>• Discuss the Chief Medical Officers Physical Activity Guidelines (P.13)</li></ul>	
Promoting physical activity <ul style="list-style-type: none"><li>• Discuss the main components of the Walk with Me programme</li></ul>	
Goal-setting and self-monitoring <ul style="list-style-type: none"><li>• Discuss goal setting with the use of a pedometer and a step diary</li></ul>	
<ul style="list-style-type: none"><li>• Distribute pedometers and demonstrate wear and function</li><li>• Complete a 20-step pedometer test</li></ul>	

<ul style="list-style-type: none"><li>• Pedometers are to be worn for the next 7 days – daily step totals are to be recorded in the weekly step diary</li></ul>	
<ul style="list-style-type: none"><li>• Exchange contact details and arrange a meeting time/venue for next week</li></ul>	

# Walk with Me

## Weekly Step Diary

Name:

Daily Step Goal:	
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	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Average steps per day
Steps								
Comment								

Number of days met goal:	
Number of days failed to meet goal:	
Goal for next week	