



Tracking your steps

Your personal steps

There are several different ways to record the number of steps you take each day, some more effective than others. Some of the methods below record steps each day for you, but you can also use our Walk with M.E. 2019 step counter to keep track.

Your teams steps

Some methods below include a team option, but if not, it's a good idea to nominate a 'team captain' who will be responsible for collecting team mate's step counts. The team captain can then submit their team's collective step count to us so that we can track your team total.

Don't forget to get in touch with the fundraising team to let us know how you're doing! We'll be celebrating your successes by giving shout out's to teams as they hit major milestones and personal goals. Keep an eye on your emails and our [Walk with M.E. Facebook page](#) for competitions and prizes to be won!

Disclaimer

The advertising of a product or application in Walk with M.E. fundraising resources does not mean that it has been tested or endorsed by Action for M.E.

Pedometres

Pedometers are small devices worn on your hip or wrist, which count how many steps you take. Some are simple, only tracking steps, whereas others include additional information like how many calories you burn or distance you've travelled.

Basic pedometers are now relatively cheap, with many available below £10. More sophisticated versions are also available that include heart rate or sleep monitoring, and many smart watches will have a pedometer built in.

Choosing a pedometer

Some things to consider when choosing a pedometer:

- How clear is the screen, both when you're still and moving? Larger screens tend to be clearer to glance at.
- If it has a reset button, how easy might it be to hit it by accident? You don't want to lose a whole days steps from a simple mistake. Think about where you'll be wearing it, hip or wrist, and where it might get knocked. Some pedometers reset automatically at midnight, so be sure to check for that too.
- How comfortable is it? If it attaches to a wrist or at the waist, consider how it does this. Some pedometers are most effective if you place them in a certain position.
- Is there an easy way to record the steps you take on a day-to-day basis? Can you download them to a computer, or sync them automatically, for example? This can take away the potential worry that you might forget keep a record.
- What type of pedometer is it? Accelerometers tend to be more accurate and work well even when tilted, compared to spring-mechanism pedometers which are slightly less accurate and can be affected by where you wear them.

Some examples of pedometers

Below are just two examples of the many pedometers available on sites such as Amazon, to show the sort of things that are available. This list is given as an example of what is available. It is not meant as an endorsement of any product by Action for M.E.

Pingko Walking Pedometer

Simple pedometer, with clear screen and additional features:

Pros

- Large, clear screen
- Provides broad range of activity information, with estimate of calories burned and distance travelled included in addition to step count
- Replaceable battery, expected to last several months with normal use
- Cheap model, without much complexity

Cons

- No connection to app, or computer sync means would have to note steps manually at end of each day



Starting price: £6.99

Customer reviews:

[Amazon](#)

[My Helpful Hints](#)

TriSport Walking 3d Pedometer

Mid-range pedometer, with additional technology to ensure accurate step counts when worn in many positions.

Pros:

- 30 day memory function for step records
- Provides additional activity tracking information, such as distance covered, estimated calories, estimated fat burnt and total "exercise" time
- Tri-accelerometer technology means can accurately record steps when worn on the hip but also when tilted, worn round the neck or in a bag

Cons:

- Smaller screen
- More features increases how simple it is to use
- Is sold as an aid to exercise, so has features that specifically encourage increased activity which will in most cases be inappropriate for those taking part with M.E.



Starting price: £16.99

Customer reviews:

[Amazon](#)

[Outdoor gear lab](#)

Notice on choosing a pedometer

Many pedometers are designed to help people increase their daily, and track exercise, goals which will not be appropriate for many with M.E. We have provided notices about this as appropriate, to allow people to make an informed choice, and would never wish to encourage people with M.E. to do more than is safe for their health.

Smart phone apps

Apps available

Rather than physical pedometers, you might choose to download an app on to your phone that can record the number of steps you take each day.

Step counting apps use accelerometer technology, which will need to be built into your phone for them to work. The majority of modern smartphones will have this feature, but you may want to double check by searching your phones specifications online. Many step counting applications are free. Some more sophisticated apps, with additional features, may cost money but many are available relatively cheap.

A note on phone apps

Phone apps are convenient, as they are part of something you will likely already use every day. Unfortunately, because of how accelerometers work, it is possible that using your phone in the normal way will add to your step count even when you're not walking.

Both the Apple App Store and the Android Marketplace, where you can download apps, feature user reviews that can provide answers when considering the points below and help make sure you choose an app that's right for you.

Choosing an app

Some things to consider when choosing a step counting app:

- How likely is it to accidentally count steps when you use pick up or otherwise use your phone? This is unfortunately a weakness of many app, but users often find some to be better than others.
- What effect might the app have on your phone batters? Sophisticated apps with many features are more likely to run down your battery more quickly than simpler apps, which is important to consider since in order to be accurate a step counter app will have to run in the background all or most of the time.
- Does it include additional features such as monthly or weekly totals, calorie counting or other information to help you better record your activity?
- Are steps still counted when your phone screen is locked, and is the app able to record steps 'in the background' even as you're doing other things?

Some examples of apps

Pacer

Available for:



A simple to use app to track your steps and distance walked, as well as work out plans and calorie counters. For comments on this please see our notice on step counting apps, on the next page.

If multiple members of your Walk with M.E. team use this app, you can see each other's steps by creating a group.

Cost to download:

Free

More information:

www.mypacer.com

Accupedo

Available for:



This app identifies non-walking activities and filters these from your step count for more accurate results. You can utilise your phones GPS to track your activity on the map, as well as daily, weekly, monthly and yearly graphs to track your steps.

Cost to download:

Free

More information:

www.accupedo.com

Walkr

Available for:



A step counter disguised as a game, you can record your daily steps and use them as fuel for your spaceship. You can then explore your own personal galaxy, join a fleet with others using the app and team up to solve missions.

Cost to download:

free

walkrgame.com

Notice on choosing an app

A word of warning about mobile apps, most step apps will have an element of goal setting and refer to the recommended daily steps goal of 10,000 steps per day. Some will also provide suggested workouts and calorie counters.

Walk with M.E. is an accessible event and the team here at Action for M.E. would never want anyone to do more than they are able. One step or ten thousand they will all count towards your team total.

Walk with M.E. step counters

Official Walk with M.E. step trackers are available for you to note down your steps, and those of your team mates at the end of each day, either by hand or on a computer.

You can contact the fundraising team for these, or click the images below to download.



PC version
(spreadsheet)



Pen and Paper
version

Staying in touch

What are you doing to fundraise?

Have you taken any pictures on one of your walks?

How's your team step count looking?

Whatever you're doing, our fundraising team wants to hear from you.



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This step counter was created by Action for M.E. for the Walk with M.E. campaign 2019. Walk with M.E. was created by people with M.E., to be accessible to people with M.E. who need only contribute as many steps as their health allows. We do not endorse any pressure being put on people with M.E. to do more than they can safely manage, and encouraging increased activity is not the goal of Walk with M.E. Action for M.E. does not offer clinical advice and any planned increase in activity should be discussed with your medical professional.

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