

Contents lists available at [ScienceDirect](https://www.sciencedirect.com)

Canadian Journal of Diabetes

journal homepage:
www.canadianjournalofdiabetes.com


Appendix 4

Smarter Step Count Prescription

Health-Care Provider Guidelines				
Suggest step count increments at each clinic visit to reach goal (an increase of 3,000 steps per day above the baseline step count within 1 year).				
Steps per day at baseline	Clinic Visit 1 (0 months)	Clinic Visit 2 (3 months)	Clinic Visit 3 (6 months)	Clinic Visit 4 (9 months)
<5,000	+500	+750	+750	+1,000
5,000–7,499	+750	+1,000	+1,250	
≥7,500	+1,000/+2,000	+1,000		
Start Date: _____				
Patient's Name: _____				
Baseline Step Count: _____		Recommended Step Count: _____		
Clinic Visit Number: _____		Start Date for Step Increase: _____		
Patient Step Count Prescription				
Today's Date: _____				
Patient's Name: _____				
<ul style="list-style-type: none"> • Please try to complete at least _____ steps per day until your next clinic visit. • Please record your step counts in your log sheets at the end of each day. • Please bring your log sheets to the next clinic visit which will be in about three months. 				
Physician's Name: _____				
Physician's Signature: _____				