

Forum:[Hack Forums](#)

Thread: [\[DAILY\] What is your average Daily Steps?](#)

SoulZeh - October 5, 2024, 5:10 am

I thought it would be a fun idea, I know there is a gym thread but would be interesting to see other members daily steps.

Basically I/anyone else who wants to play along just post your daily steps from the previous day to get a good reading. I'll go first.

Friday 4th October: 10,714 steps.

Baring in mind, I do a lot of walking due to have big ass dogs.

Have fun everyone.

Yin Yang - October 5, 2024, 5:13 am

I have small dogs and would like a big dog! I was in Colorado last year and my friends buddy has a Bordoodle and it was really obedient and went with us on hikes.

As to the steps, uhh my 7 day average is about 6k steps. I don't think my smart watch properly connects to the machine if I'm on the elliptical or treadmill

SoulZeh - October 5, 2024, 6:29 am

(Oct 5, 2024 05:13 AM)Yin Yang Wrote: [\[CITE\]](#) I have small dogs and would like a big dog! I was in Colorado last year and my friends buddy has a Bordoodle and it was really obedient and went with us on hikes.

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Still not bad, but yea having small dogs kinda does require smaller walks, sadly.

I love walking, clears your head.

SuseGD - October 5, 2024, 12:59 pm

My average daily steps is around 10-11k steps. I try to get at least 10k in every single day, but sometimes it just doesn't happen. Usually, though, its around 10-11k per day.

Aeowulf - October 5, 2024, 8:32 pm

I have never actually counted or tracked. What are y'all using to keep track of this?

jcole - October 5, 2024, 8:32 pm

(Oct 5, 2024 05:10 AM)SoulZeh Wrote: [\[CITE\]](#)

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Baring in mind, I do a lot of walking due to have big ass dogs.

Have fun everyone. I haven't been tracking lately since I stopped wearing my smart watch.. I usually average 20-30,000 steps. I work outside, and as a utility locator I am always moving.

SoulZeh - October 6, 2024, 12:52 am

(Oct 5, 2024 12:59 PM)SuseGD Wrote: [\[CITE\]](#) My average daily steps is around 10-11k steps. I try to get at least 10k in every single day, but sometimes it just doesn't happen. Usually, though, its around 10-11k per day. AHh, so you're near enough the same as me.

(Oct 5, 2024 08:32 PM)Aeowulf Wrote: [\[CITE\]](#) I have never actually counted or tracked. What are y'all using to keep track of this? Erm, most smart phones have it, I'm with samsung and they have an app built in already "Samsung Health", I use that.

(Oct 5, 2024 08:32 PM)jcole Wrote: [\[CITE\]](#) I haven't been tracking lately since I stopped wearing my smart watch.. I usually average 20-30,000 steps. I work outside, and as a utility locator I am always moving. Don't really need a smart watch :D.

Saturday 5th October: 11,124 Steps.

Aeowulf - October 6, 2024, 5:42 am

(Oct 6, 2024 12:52 AM)SoulZeh Wrote: [\[CITE\]](#) Erm, most smart phones have it, I'm with samsung and they have an app built in already "Samsung Health", I use that.

Oh. I disable and remove damn near everything on my phones. I think I remember the phone coming with a health app. Gone.

Mr_Kh4os - October 6, 2024, 5:44 am

Consistently for years 10-15k depending on the day usually Monday and Fridays hit 15k.

SoulZeh - October 7, 2024, 12:56 am

(Oct 6, 2024 05:44 AM)Mr_Kh4os Wrote: [\[CITE\]](#) Consistently for years 10-15k depending on the day usually Monday and Fridays hit 15k.

Walking is elite, so refreshing and good time to yourself.

Sunday 6th October: 10,938 Steps.

Mr_Kh4os - October 7, 2024, 10:43 am

(Oct 7, 2024 12:56 AM)SoulZeh Wrote: [\[CITE\]](#) Walking is elite, so refreshing and good time to yourself.

Monday 6th October: 10,938 Steps.

Indeed it feels like it sets me up for my day or if it's in the afternoon helps me wind it down.

Very nice!

Tyr - October 7, 2024, 12:19 pm

The more and more I grow up the more I wish I would just suck it up and buy a smart watch.

I really have no idea.

SoulZeh - October 7, 2024, 1:27 pm

(Oct 7, 2024 12:19 PM)Tyr Wrote: [\[CITE\]](#) The more and more I grow up the more I wish I would just suck it up and buy a smart watch.

I really have no idea.

I don't even use a smart watch, it's all done via my phone so fuck knows how accurate it is.

Jamika - October 7, 2024, 3:39 pm

(Oct 7, 2024 01:27 PM)SoulZeh Wrote: [\[CITE\]](#) I don't even use a smart watch, it's all done via my phone so fuck knows how accurate it is.

I use phone too, usually about 8k or more, but i feel its not that accurate

SoulZeh - October 8, 2024, 7:22 am

Feeling under the weather lately, got the bloody flu so probs not going to have a big number of steps.

Monday 7th October Steps: 9,744.

Damn this flu is kicking my ass atm.

Tuesday 8th October: 10,753 Steps.