

SMARTER

FOR MORE
INFORMATION ABOUT
THE SMARTER TRIAL
[CLICK HERE](#) or

see PMID 28074635
Dasgupta et al. *Diabetes,
Obesity, and Metabolism.*
2017 20 May;19(5):695-
704.

Expected step count increments above baseline (for Physician's reference)

Steps per day at <i>baseline</i>	Clinic Visit 1 (after baseline step count determined – 0 months)	Clinic Visit 2 (3 months)	Clinic Visit 3 (6 months)	Clinic Visit 4 (9 months)
< 5 000	+ 500	+ 750	+ 750	+ 1 000
5000 – 7 499	+ 750	+ 1 000	+ 1 250	
≥ 7 500	+ 1 000 / +2 000	+ 1 000		

Today's Date: _____

Patient name: _____

Baseline Step Count: _____

Which visit is this? _____

Steps start date: _____

Recommended Step Count: _____

At each visit, the reference is the original baseline step count.

SMARTER

Today's Date: _____

Patient name: _____

Please try to complete *at least* _____ steps per day until your next clinic visit.

Please record you 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 _____

2 copies: 1 for patient and 1 for medical file