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Manpo-kei Calendar Log Monday \_\_\_\_\_ TOTAL STEPS:

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Tudor-Locke C. Manpo-kei: the art and science of step counting. Department of Health and Exercise Science, University of Tennessee, Knoxville, Tennessee, USA

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## **Pedometer references - wellness.com**

Pedometer References: bibliography - Aittasalo M, Miilunpalo S, Kukkonen-Harjula K, et al. Tudor-Locke, Catrine. Manpo-Kei: The Art and Science of Step

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Catrine. Manpo-Kei: The Art and Science of Step

### **Catrine tudor-locke (author of manpo- kei )**

Catrine Tudor-Locke is the author of Manpo-Kei (5.00 avg rating, 1 rating, 0 reviews, published 2003),  
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## **Walking 10,000 steps a day - who recommends this?**

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