

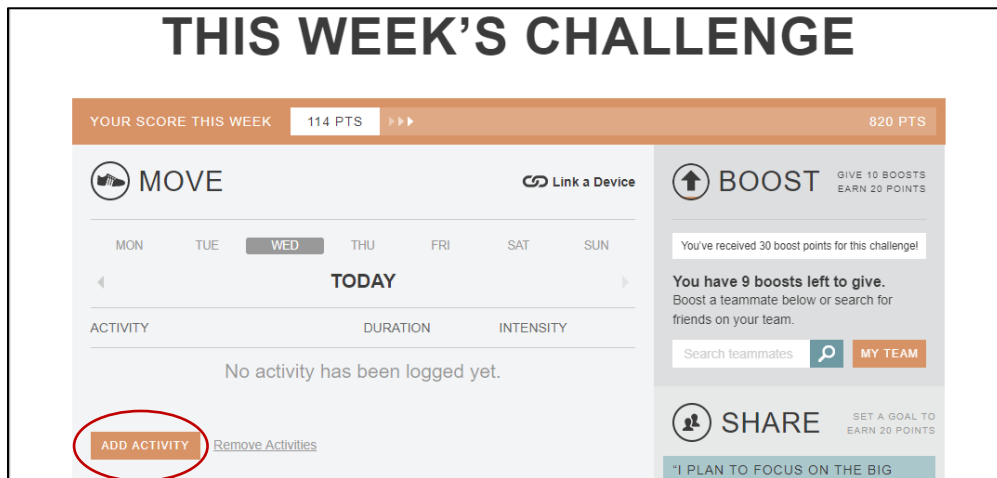


LIFE
ON THE MOVE

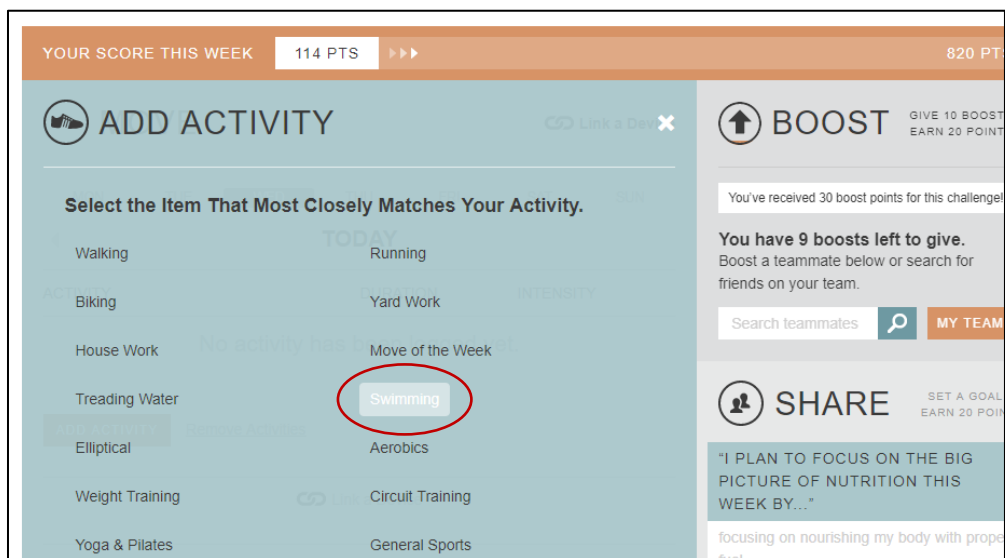
How do I use the "device-free" tracker tool?

The "device-free" tracker tool will allow you to track activity manually if you don't have a compatible device. It's very easy and fun to use!

1. In the MOVE section click "Add Activity."



2. Choose your activity and click "Continue."



3. Set the duration of your activity and click "Continue."

The screenshot shows the 'ADD ACTIVITY' screen with 'Aerobics' selected. The title is 'Set the Duration of Your Activity.' A horizontal slider ranges from 3m to 60m. A red circle highlights the slider handle, which is positioned at 30 minutes. A callout bubble above the handle says '30 MINUTES'. At the bottom are 'CONTINUE' and 'CANCEL' buttons, and a 'Link a Device' option.

4. Set the intensity level of your activity and click "Continue."

The screenshot shows the 'ADD ACTIVITY' screen with '30 Minutes of Aerobics' selected. The title is 'Set the Intensity Level of Your Activity.' A horizontal slider has three positions: 'LOW', 'MODERATE', and 'HIGH'. The 'MODERATE' position is selected, indicated by a red circle around a checkmark icon. At the bottom are 'CONTINUE' and 'CANCEL' buttons, and a 'Link a Device' option.

5. Congratulations! You're done!

The screenshot shows the 'MOVE' screen with a weekly calendar view. 'WED' is selected under 'TODAY'. Below the calendar is a table with the following data:

ACTIVITY	DURATION	INTENSITY
Aerobics	30m	Moderate

At the bottom are 'ADD ACTIVITY' and 'Remove Activities' buttons, and a 'Link a Device' option.

Show us your moves – send pictures to #HealthyKSU or wellness@kent.edu. We can't wait to see how the blue and gold moves!