



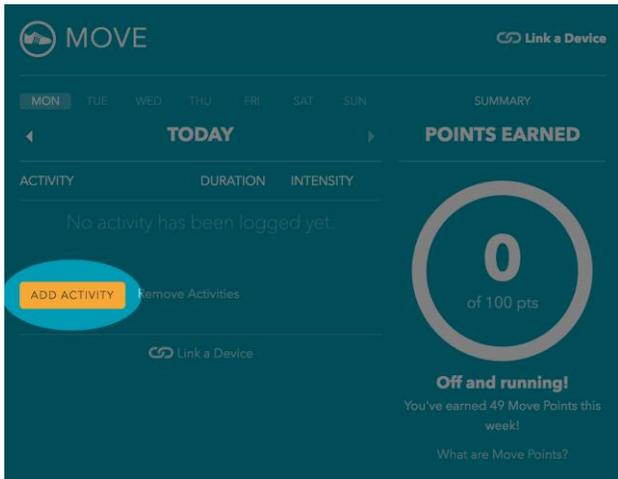
[WWW.ONTHEMOVECHALLENGE.WELCOA.ORG](http://WWW.ONTHEMOVECHALLENGE.WELCOA.ORG)

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

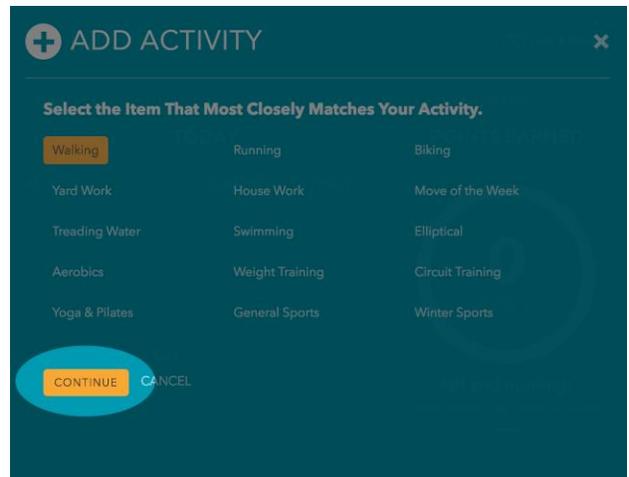
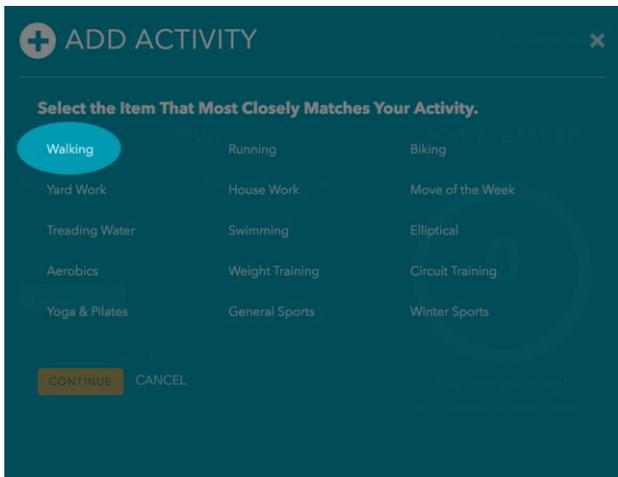
The "device-free" tracker tool will allow you to track activity manually if you don't have a compatible device. It's very easy and fun to use!

*NOTE: The tracker tool will become available when the challenge officially kicks off.*

In the Move section click "Add Activity."



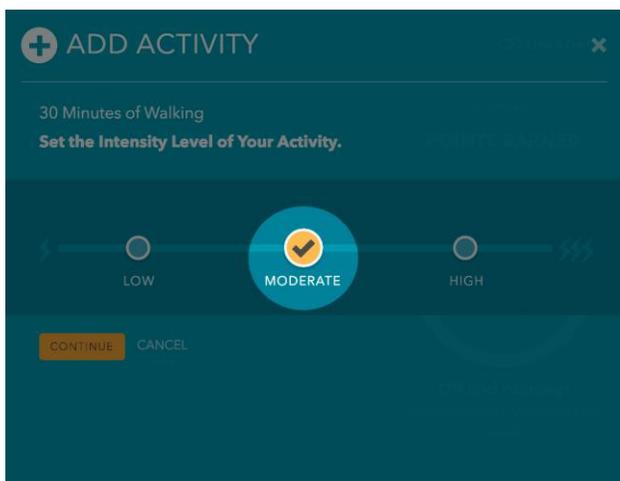
Choose your activity and click "Continue."



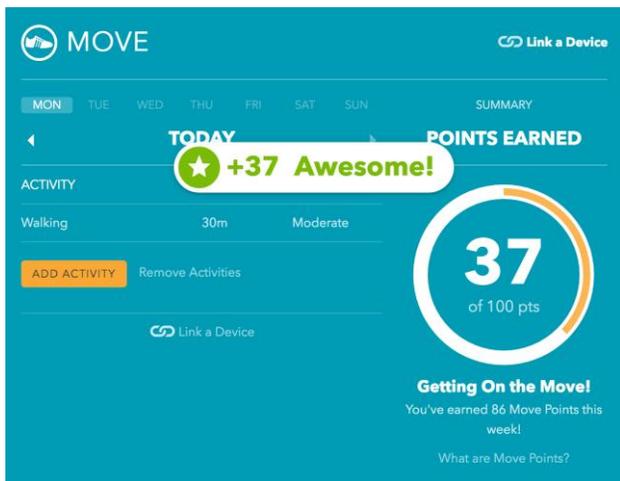
Set the duration of your activity and click "Continue."



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



Congratulations! You're done!



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