



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."

THIS WEEK'S CHALLENGE

YOUR SCORE THIS WEEK 114 PTS >>> 820 PTS

MOVE Link a Device **BOOST** GIVE 10 BOOSTS EARN 20 POINTS

MON TUE WED THU FRI SAT SUN

TODAY

ACTIVITY	DURATION	INTENSITY
No activity has been logged yet.		

ADD ACTIVITY Remove Activities

BOOST You've received 30 boost points for this challenge! You have 9 boosts left to give. Boost a teammate below or search for friends on your team. Search teammates MY TEAM

SHARE SET A GOAL TO EARN 20 POINTS "I PLAN TO FOCUS ON THE BIG

2. Choose your activity and click "Continue."

YOUR SCORE THIS WEEK 114 PTS >>> 820 PTS

ADD ACTIVITY Link a Device

Select the Item That Most Closely Matches Your Activity.

Walking	Running
Biking	Yard Work
House Work	Move of the Week
Treading Water	Swimming
Elliptical	Aerobics
Weight Training	Circuit Training
Yoga & Pilates	General Sports

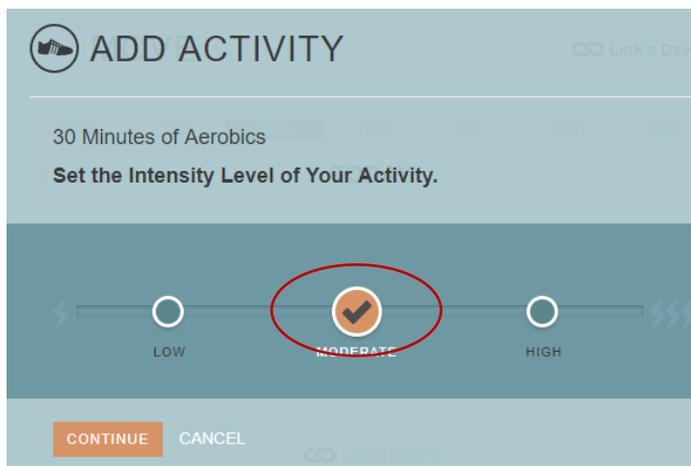
BOOST You've received 30 boost points for this challenge! You have 9 boosts left to give. Boost a teammate below or search for friends on your team. Search teammates MY TEAM

SHARE SET A GOAL TO EARN 20 POINTS "I PLAN TO FOCUS ON THE BIG PICTURE OF NUTRITION THIS WEEK BY..." focusing on nourishing my body with prop...

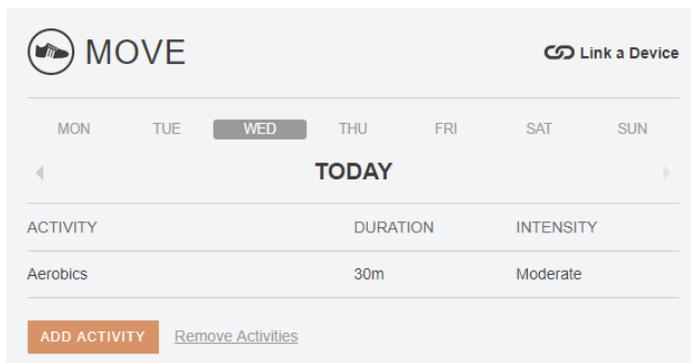
3. Set the duration of your activity and click "Continue."



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



5. Congratulations! You're done!



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