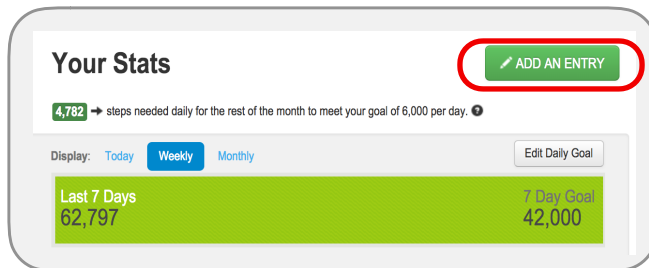




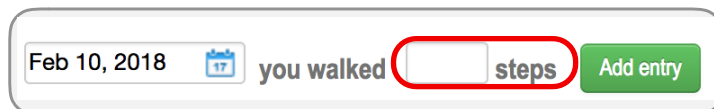
STEP ENTRY - MANUAL

OPTION 1 - IF YOU DO NOT HAVE A WIRELESS ACTIVITY TRACKER OR APP, YOUR PROGRAM MAY ALLOW YOU TO ENTER YOUR STEPS MANUALLY

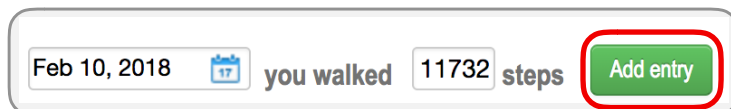
1 From “Your Stats” page, click on “Add an Entry”



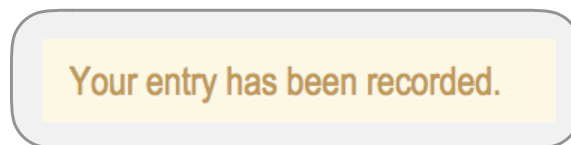
2 Enter in the number of steps you walked on a particular day.



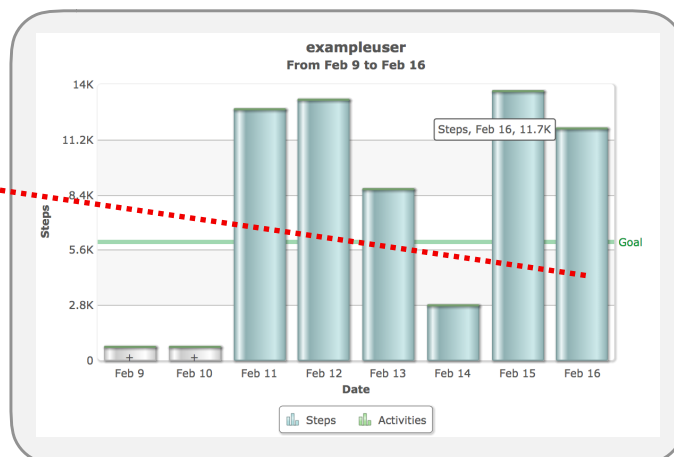
3 Click on “Add Entry”




4 You will receive a confirmation that your entry has been recorded



5 Scroll down and check out your entry on your step graph!



Have questions or need assistance?

Look for the blue  button on the lower right-hand corner when you are logged into your program.