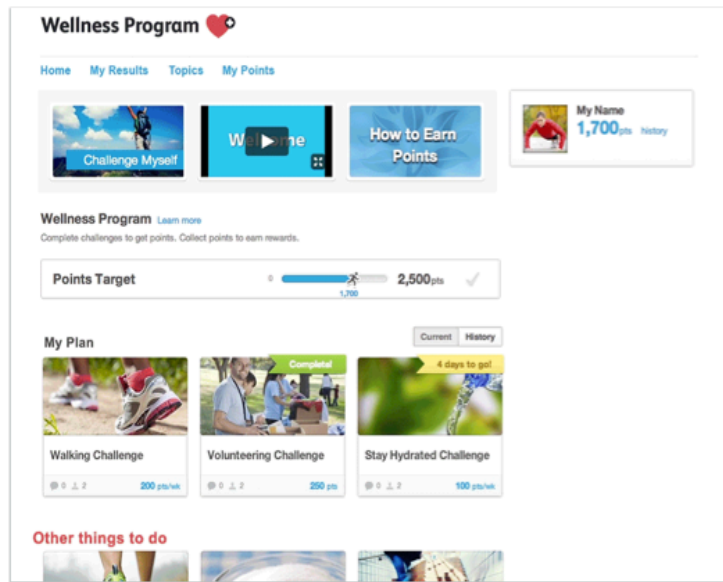


How to Track My Activity

Simple navigation

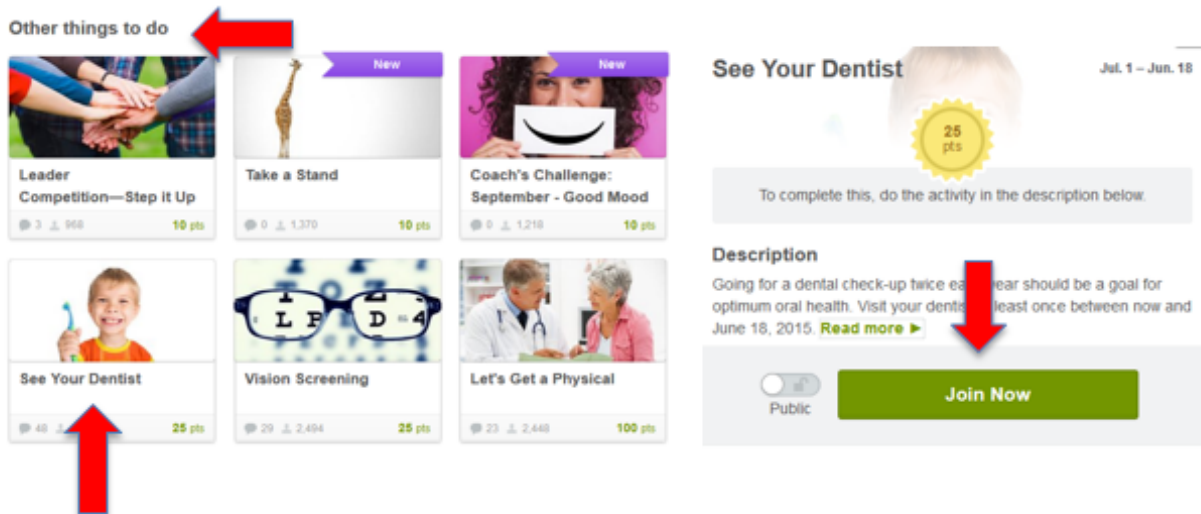
Your homepage is now the central place where you can find and track challenges.



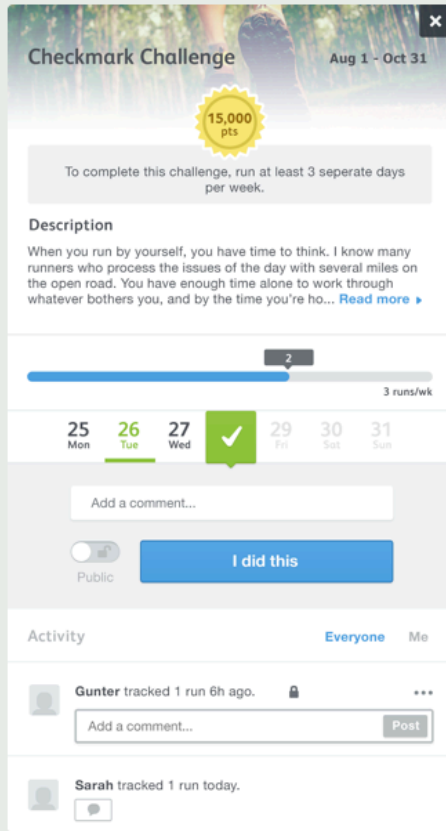
Adding Activities to My Plan

1. On the Home page, scroll down to “Other things to do”
2. Select a challenge
3. Select “Join”

When you join, the activity will automatically be added to My Plan.



How to Track My Activity



Dynamic tracking

We're making it easier to track activities. Select a day, add a comment, and click "I did this."

More social

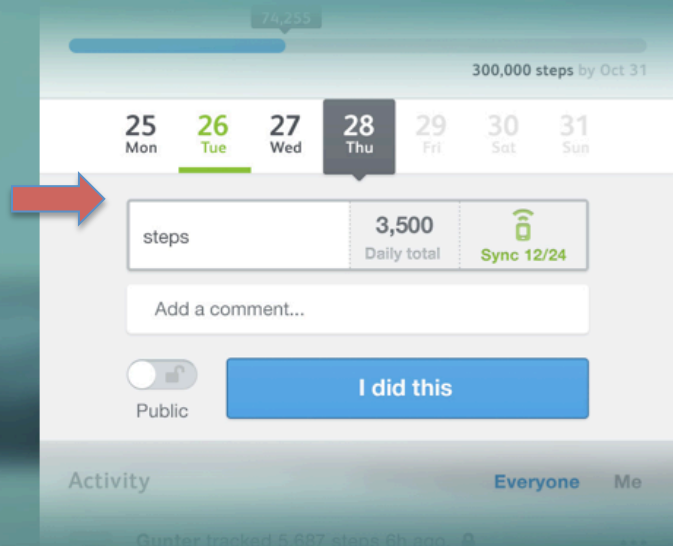
Check out the activity feed and add comments.

My activities

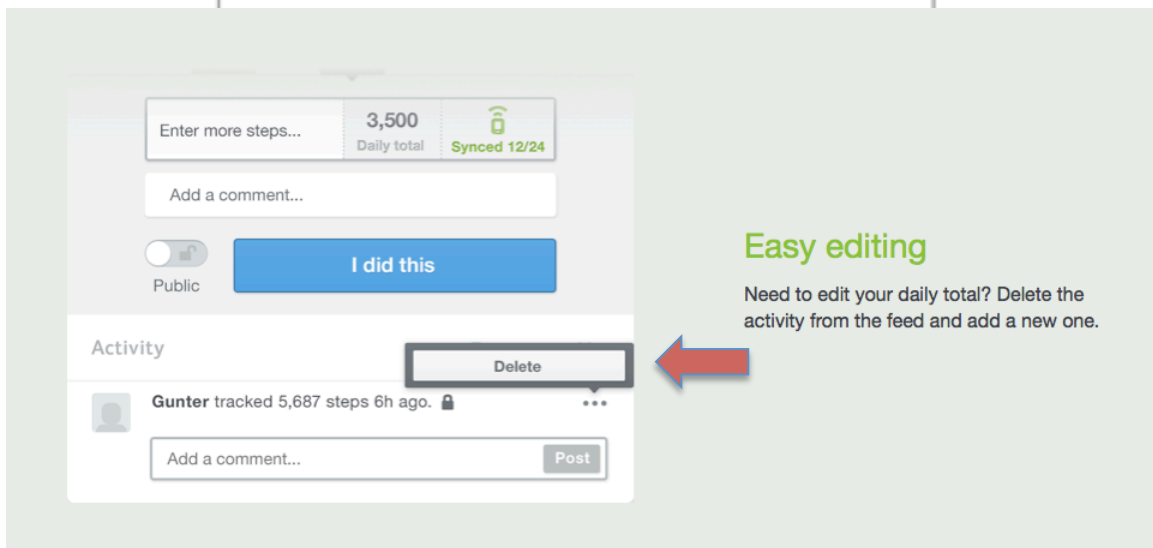
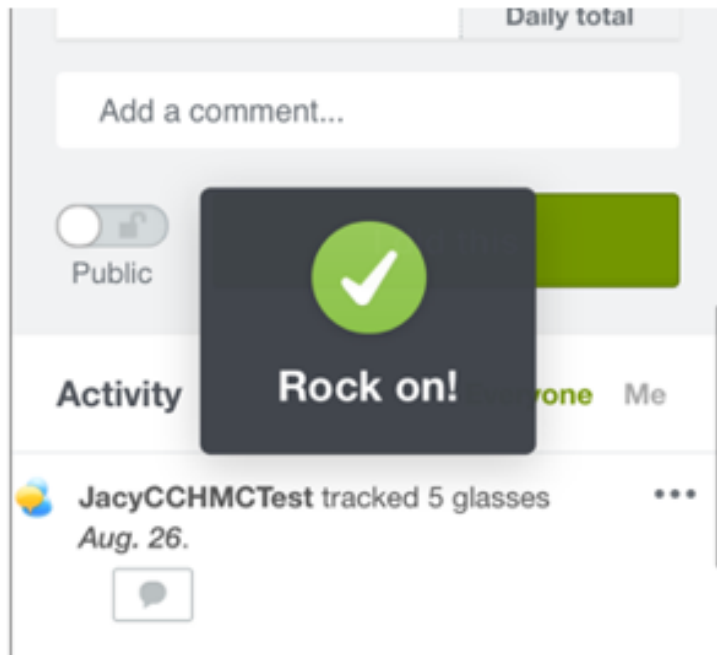
See your full history by clicking on the "Me" filter in the activity feed.

Adding it up


Each time you track a number, we'll add it to your daily total.



How to Track My Activity



How to Track My Activity


You

How many push ups today?

- 25 + Today Save

TOTAL

162



Mar 11

Apr 10

Classic tracking

Some of your activities will still appear in the classic design. These will be updated in the coming months.