How to Track My Activity

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.
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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.
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Rock on!

JacyCCHMCTest tracked 5 glasses

Easy editing

Need to edit your daily total? Delete the activity from the feed and add a new one.
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Classic tracking

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