

ACTIVITY TRACKER



You can use the **Activity Tracker** to track metrics like weight, walking steps, minutes of exercise, sleep hours, etc.

Developing a healthy lifestyle involves more than just tracking the foods you eat. Focusing on moving more and improving your sleep quality, as well as a healthy diet, are all factors that directly affect the number you see on the scale.



To access the **Activity Tracker**, select the **TRACK** icon at the bottom of the screen then select “**Activity Tracker**”.

The screenshot shows the Activity Tracker app interface. At the top, there are 'Cancel' and 'Done' buttons. Below is a date selector for 'February 23, 2015' with left and right arrows. The main area is a table with two columns: 'Current' and 'Goal'. The rows include: Weight (160.5 / 140), Walking Steps (12,000 / 10,000), Exercise Minutes (45 / 60), Sleep Hours (7 / 7.5), AM Supplements (0 / 0), PM Supplements (0 / 0), Evening Supplements (0 / 0), and Meal Replacements (0 / 0). Annotations point to various elements: 'Cancel' for closing without saving, 'Done' for saving changes, the date arrows for viewing different days, the bell icon for setting reminders, the 'Current' input boxes for entering daily metrics, and the 'Goal' column for setting target metrics. A note at the bottom right explains how to link activity tracking devices.

To close without saving: select **Cancel**

To set a reminder: select When a reminder is set, it will look like this:

Note: To learn How to Set a Reminder, see [How to Set a Reminder](#) tip sheet.

To save changes: select **Done**

To view a different day: use the arrows to scroll through dates

Enter your target metrics for each category in the Goals column by selecting a box. To set a goal, you must be viewing the current date. Your goal will automatically carry forward to future dates.

Use the Current box to enter your daily metrics.

Note: If you use an activity tracking device such as a FitBit or JawBone UpBand, you can link the device with your HealthTrac account on the website. See tutorial titled “[How to Link and Sync Activity Tracking Devices](#)” for instructions.