How to Record your Physical Activity for the 2014 Live Healthy 10 Week Wellness Challenge:

1. Please login to your personal dashboard using your username and password. If you are having trouble with your username and password, please email Marci Strandberg at marci@livehealthyamerica.com
2. There are two options on how to record your weight loss and activity minutes under the MyProgress section.
3. Option 1 is to record daily. You'll see that today's date is selected in the Recording Date drop-down list. Please select the corresponding date from the drop-down and enter in your current weight and/or activity minutes for that day. Select your primary activity and enter in any notes you may have. Then click submit and you are finished.
4. Option 2 is to record your totals weekly. You can click on the "View Other Weeks" button and select the corresponding recording date. Enter your current weight and your total activity minutes for the week. Make sure to choose your primary activity and be sure to enter in your TOTAL minutes for the week.
5. Click submit and you are finished.