

1

00:00:00,000 --> 00:00:07,300

Use SuperTracker's Physical Activity Tracker to track your daily activities.

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00:00:07,300 --> 00:00:15,600

You can access the Physical Activity Tracker from the homepage or in the global navigation bar.

3

00:00:15,600 --> 00:00:19,033

Use the calendar in the dashboard to choose the date.

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00:00:19,033 --> 00:00:24,333

It will automatically select today's date when you first come to the page.

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00:00:24,333 --> 00:00:28,766

To look up an activity, type the name into the search box.

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00:00:28,766 --> 00:00:33,199

As you are typing, a list of top search results will drop down.

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00:00:33,200 --> 00:00:36,433

If you see what you are looking for, select it from the list.

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00:00:36,433 --> 00:00:42,299

If you don't see it, select the "Go" button to get the complete search results.

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00:00:42,300 --> 00:00:48,466

The physical activity details will appear in the activity card on the left side of the page.

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00:00:48,466 --> 00:00:53,732

The physical activity card gives you information about the activity such as the intensity.

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00:00:53,733 --> 00:00:57,133

Enter the duration of the activity in minutes.

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00:00:57,133 --> 00:01:02,766

And click the "Calculate" button to estimate the Calories burned for the duration you entered.

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00:01:02,766 --> 00:01:08,232

You can change the duration and click “Calculate” again to see an updated number.

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00:01:08,233 --> 00:01:11,866

Check the box next to the day(s) of the week and profile(s).

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00:01:11,866 --> 00:01:16,832

And finally, click the blue “+ Add” button to add the physical activity.

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00:01:16,833 --> 00:01:22,266

You will get a message confirming the activity was added to the day(s) and profile(s) you picked.

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00:01:22,266 --> 00:01:28,999

As you add activities, you’ll see your progress for the week in the table and weekly targets graph on the right.

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00:01:29,000 --> 00:01:36,733

You can see the recommended ranges of activity and days of muscle strengthening activity per week.

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00:01:36,733 --> 00:01:39,733

These tables are different for different age groups.

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00:01:39,733 --> 00:01:46,433

For children and teens, activities are tracked daily, with a target of at least 60 minutes a day.

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00:01:46,433 --> 00:01:53,866

And in addition to muscle-strengthening activity, days of bone-strengthening and vigorous activities are tracked.

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00:01:53,866 --> 00:02:01,699

Because the Physical Activity Guidelines for Americans say that one minute of vigorous activity counts about the same as two minutes of moderate,

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00:02:01,700 --> 00:02:08,600

SuperTracker uses Moderate Intensity Equivalent (or MIE) minutes to track activity.

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00:02:08,600 --> 00:02:15,033

So if you add an activity that is vigorous intensity, you get double credit for it in the table.

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00:02:15,033 --> 00:02:24,233

And in the same way, light intensity activities and activities for less than 10 minutes in duration don't count toward the weekly target.

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00:02:24,233 --> 00:02:32,933

There are also time-saving features for adding activities. For example, there is a favorite activity list and a copy activities feature.

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00:02:32,933 --> 00:02:40,966

If you have a Fitbit personal device, the Physical Activity Tracker can sync and automatically add your daily steps into your weekly totals.

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00:02:40,966 --> 00:02:45,732

Just click the "Connect with Fitbit" link on the right to connect your device.

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00:02:45,733 --> 00:02:49,799

You can also add your daily steps manually.

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00:02:49,800 --> 00:02:56,333

If you would like to see your weekly physical activity report, click the link under the table.

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00:02:56,333 --> 00:03:03,666

And at the top-right, you can see how many Presidential Champions points you've earned so far.

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00:03:03,666 --> 00:03:08,532

As you add activities, you'll rack up points and you can earn awards.

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00:03:08,533 --> 00:03:14,233

By clicking the arrow, you can track your progress toward your next Presidential Champions Award!

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00:03:14,233 --> 00:03:26,599

Thanks for listening, and great job tracking your activities!