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00:00:00,000 --> 00:00:05,300

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

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00:00:05,300 --> 00:00:10,233

Access Physical Activity Tracker from the homepage or in the global navigation bar.

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00:00:10,233 --> 00:00:13,166

Use the calendar in the dashboard to choose the date.

4

00:00:13,166 --> 00:00:16,832

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

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00:00:16,833 --> 00:00:20,633

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

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00:00:20,633 --> 00:00:24,433

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

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00:00:24,433 --> 00:00:27,699

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

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00:00:27,700 --> 00:00:31,566

If not, select the "Go" button to get the complete search results.

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00:00:31,566 --> 00:00:37,099

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

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00:00:37,100 --> 00:00:42,166

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

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00:00:42,166 --> 00:00:45,032

Enter the duration of the activity in minutes.

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00:00:45,033 --> 00:00:50,766

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

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00:00:50,766 --> 00:00:55,166

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

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00:00:55,166 --> 00:00:58,432

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

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00:00:58,433 --> 00:01:01,899

And click the blue "+ Add" button to add the physical activity.

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00:01:01,900 --> 00:01:06,900

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

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00:01:06,900 --> 00:01:13,166

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

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00:01:13,166 --> 00:01:19,166

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

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00:01:19,166 --> 00:01:21,366

These graphs appear look different for different age groups.

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00:01:21,366 --> 00:01:26,966

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

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00:01:26,966 --> 00:01:34,766

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

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00:01:34,766 --> 00:01:41,632

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

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00:01:41,633 --> 00:01:46,499

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

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00:01:46,500 --> 00:01:51,833

So if you add an activity that is vigorous, you get double credit for it on the gauge.

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00:01:51,833 --> 00:01:58,833

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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00:01:58,833 --> 00:02:01,166

so they won't move the needle.

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00:02:01,166 --> 00:02:09,432

And just like for foods, there are time-saving features for adding activities like a favorite activity list and a copy activities feature.

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00:02:09,433 --> 00:02:20,566

Click the "Physical Activity" link under the dial if you would like to see your weekly physical activity report.