



Tracker

Tracker Title:

This is the name that will be used for tracking in the member's Fitness Center.

Unit of Measure:

This is the unit of measure displayed to the member.

Reach Back Period:

This is the number of days in the past allowed for entering activity information.

Minimum:

This is the minimum single day value allowed.

Maximum:

This is the maximum single day value allowed.

Fitbit Biometric:

This field is required ONLY if you are using Fitbit to track progress.

Activity Description

Please provide the activity description below. This will appear when the activity is opened.

Activity

Activity Name:

What is the name that you would like to appear on the member's Activity page.

Eligibility

Which members will receive the activity?

Required/Optional:

Will this activity be required or optional?

Display Date Start:

What is the first date the activity will be visible on the member's Activity page?

Display Date End:

What is the last date the activity will be visible on the member's Activity page?

Sum or Change:

Will this activity complete based on reaching a certain amount (e.g.: steps) or will it complete based on reaching a certain difference between the first and last value (e.g.: weight).

Calculation Start Date:

What is the first date of the period for which the tracked activity will be considered for the member meeting the threshold required for activity completion?

Calculation End Date:

What is the last date of the period for which the tracked activity will be considered for the member meeting the threshold required for activity completion.

Threshold for completion.

What is the total amount of activity (e.g.: steps) or total difference (e.g.: weight) that will trigger completion?

Points (if applicable):

If applicable, what is the number of points that are to be awarded when this activity is completed?