

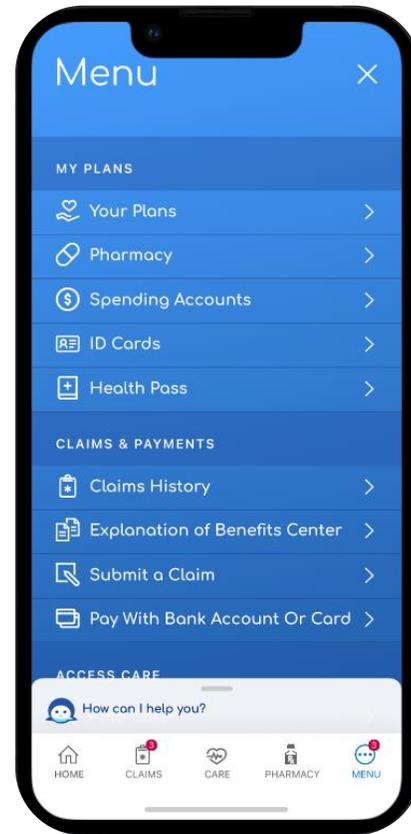
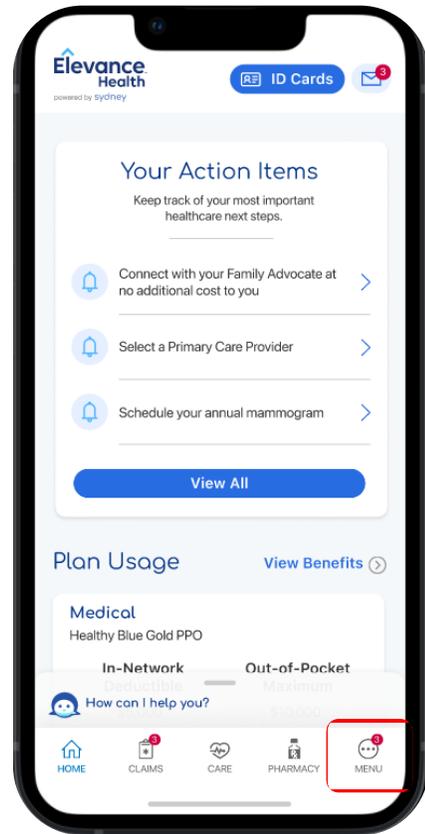
# How to Manually Enter Activities in Sydney

# Manually entering Steps/Calories /Sleep

From your home page select “Menu” in the bottom right corner

Once on the Menu, scroll down and select “My Health Dashboard”

Once on My Health Dashboard, scroll down to the “Activity Tracking” section



**\*You can only manually enter activities up to 30 days prior\***

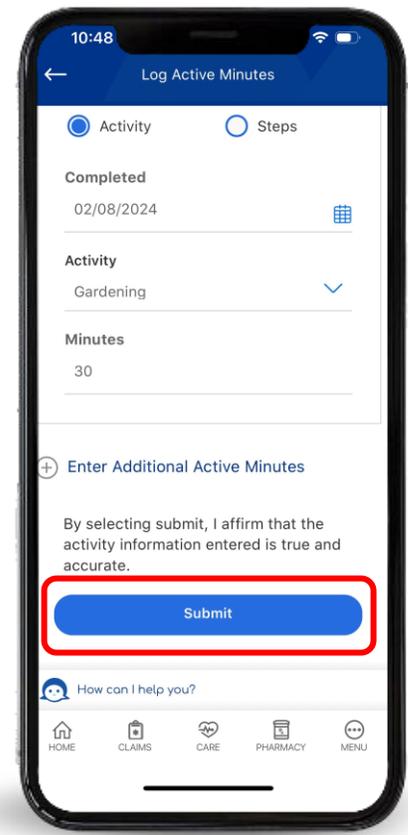
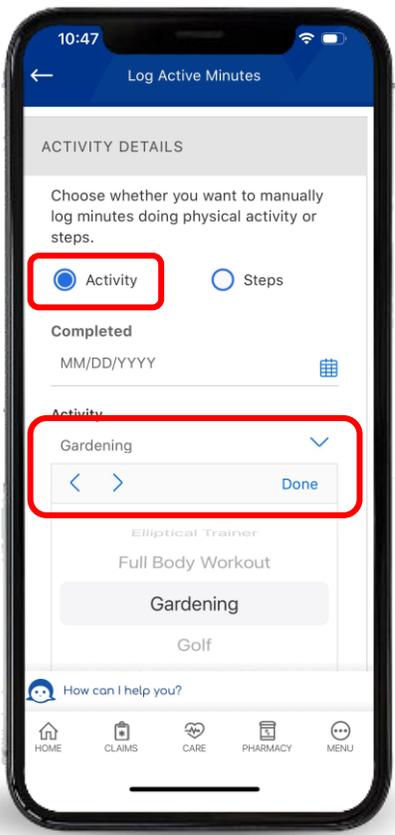
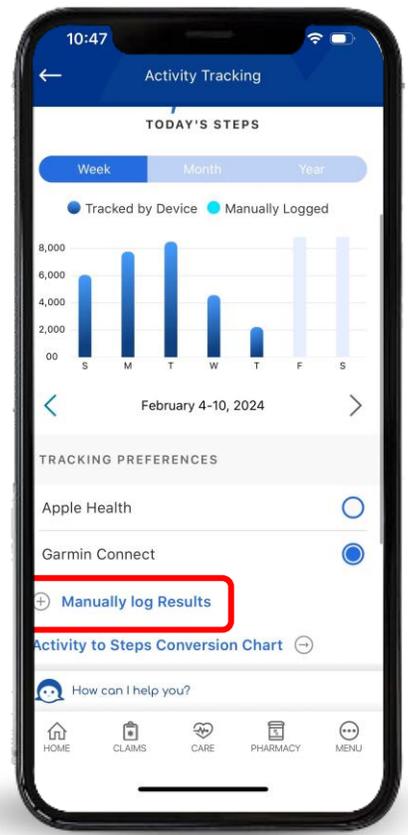
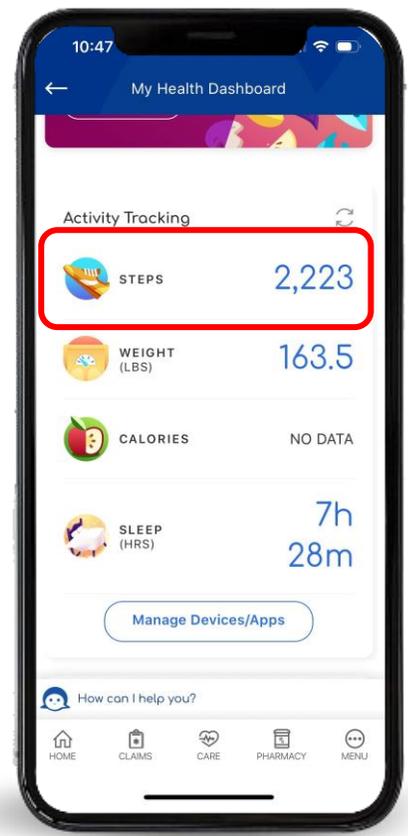
# Manually entering Activities

Under Activity Tracking select "Steps"

Scroll down and select "Manually log Results"

Select the "Activity" radio dial and select your activity from the activity drop down menu

Enter the date completed and minutes of activity then select Submit



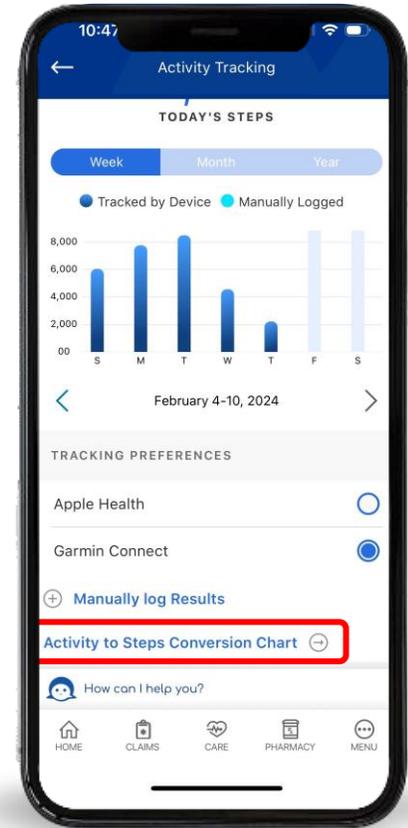
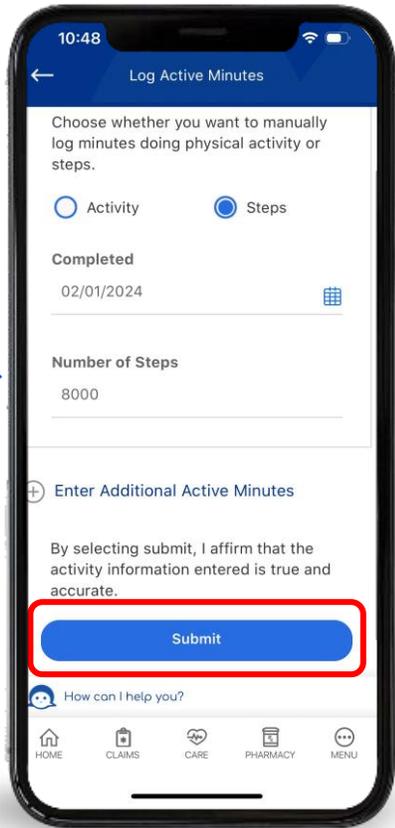
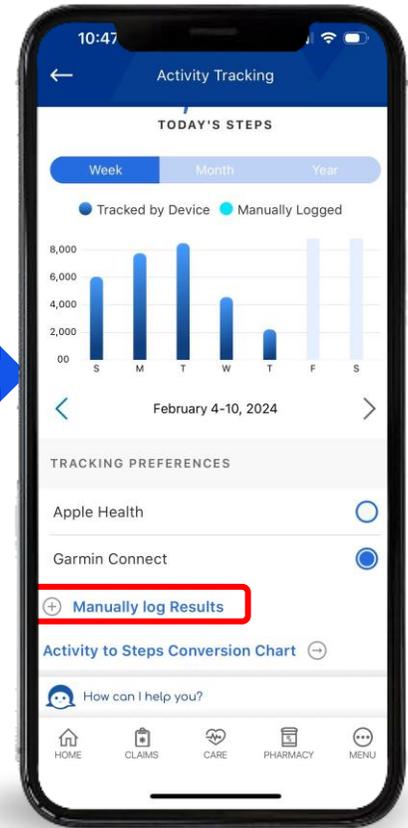
# Manually entering Steps

Under Activity Tracking select "Steps"

Scroll down and select "Manually log Results"

Select the "Steps" radio dial, enter the date completed and the number of steps then select Submit

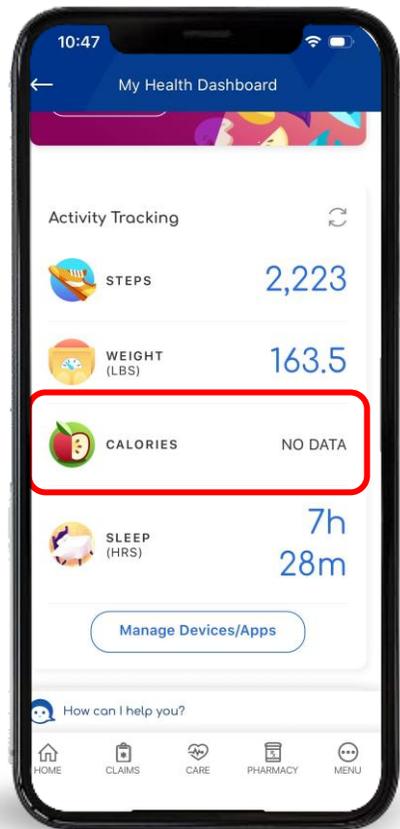
Selecting the "Activity to Steps Conversion Chart" you can enter the number of steps based on the minutes of activity



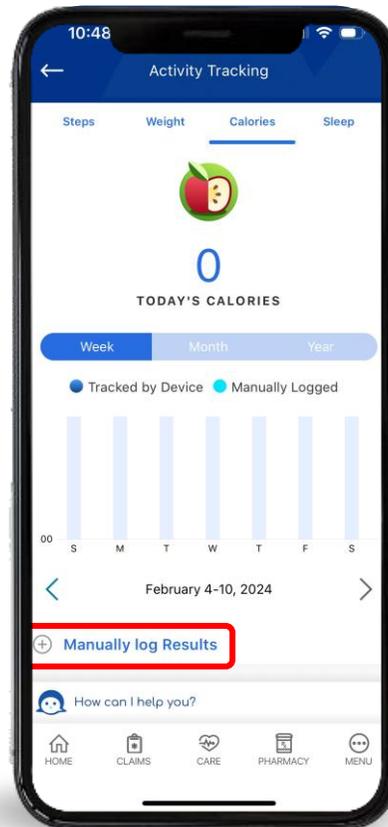
Activity	Duration (minutes)	Conversion to Steps
Aerobic Dance	60	7,680
Aerobics	60	11,760
Badminton	60	5,280
Basketball	60	9,420
Bicycling	60	11,760
Dancing	60	7,680
Elliptical Trainer	60	10,620
Full Body Workout	60	9,420
Gardening	60	4,680
Golf	60	5,280
High Impact Training	60	9,420
Hiking	60	10,800
Kick Boxing	60	11,760

# Manually entering Calories

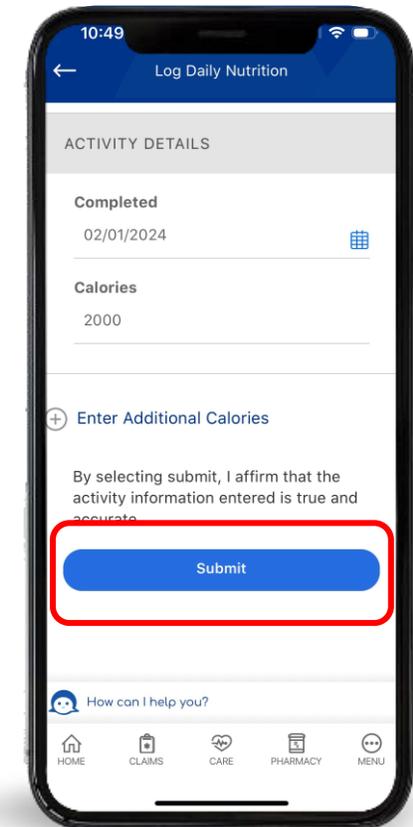
Under Activity Tracking  
select “Calories”



Scroll down and select  
“Manually log Results”



Enter the date  
completed and calories  
then select Submit



# Manually entering Sleep

Under Activity Tracking select "Sleep"

Scroll down and select "Manually log Results"

Enter the date completed and hours then select Submit

