Every activity in track is assigned a different value, according to its difficulty and duration.

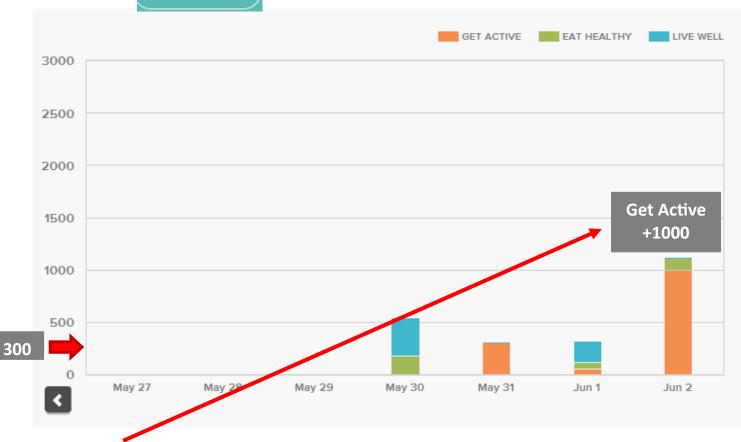
Get Active	Eat Healthy	Points	Live Well	Points
Time-based activities credit 10 points per minute for moderate	Breakfast	110	Belonging	90
activity. For example, 45 minutes of exercise would count for 450 points.	Fruit: 950g	80	Focused Relaxation	100
Cardio Machine	Half Whole Grains	80	Friends and Family	80
Yardwork Golf	Healthy Fats	90	Goal Tracking	90
Low-intensity activities are worth 50 percent of moderate	Healthy Snacks	90	Involvement	90
activities. High intensity activities	Lean Protein	90	Leisure	80
are worth 200 percent of moderate activities.	No Sweets	110	Less TV	70
Skiing Sports	Real Food	90	Learning	90
Step-based activities credit 0.10 points per step. For	Slower Meals	80	Priority Setting 123	110
example, if you get 7,153 steps in for the day, you will earn 716 points. <u>Steps</u>	Veggies 2 ¹ / ₂ Cups	110	Sleep	110
次	Water	70	Time Outside	90

On the **Wellness Meter** page, you can see a weekly, monthly, and quarterly view of the tracked activities and the score reached. You get here by clicking on "Track

It" and then

I Track History

Remember, your goal is 300 per day.



Hover over each color bar to see how much you earned in that category each day.

Below the graph, you can see how much you've earned in your Track history on your Wellness Meter page.

			
MAY 24 TUESDAY	90 Daily Wellness M	eter Goal Tracking	3+ Actions
	110	Breakfast	Ate
MAY 23 MONDAY	810 Daily Wellness	Walking	81 Minutes 3.28 Miles
	Meter	(iPhone/Daily Summary from Health)	
	711	Steps	7106 Steps
		(iPhone/Daily Summary	/ from Health)
	110	Breakfast	Ate
MAY 22 SUNDAY	1850 Daily	Walking	185 Minutes 3.29 Miles
SUNDAY	Wellness Meter	(iPhone/Daily Summary from Health)	
	841	Steps	8408 Steps
		(iPhone/Daily Summary	(from Health)