
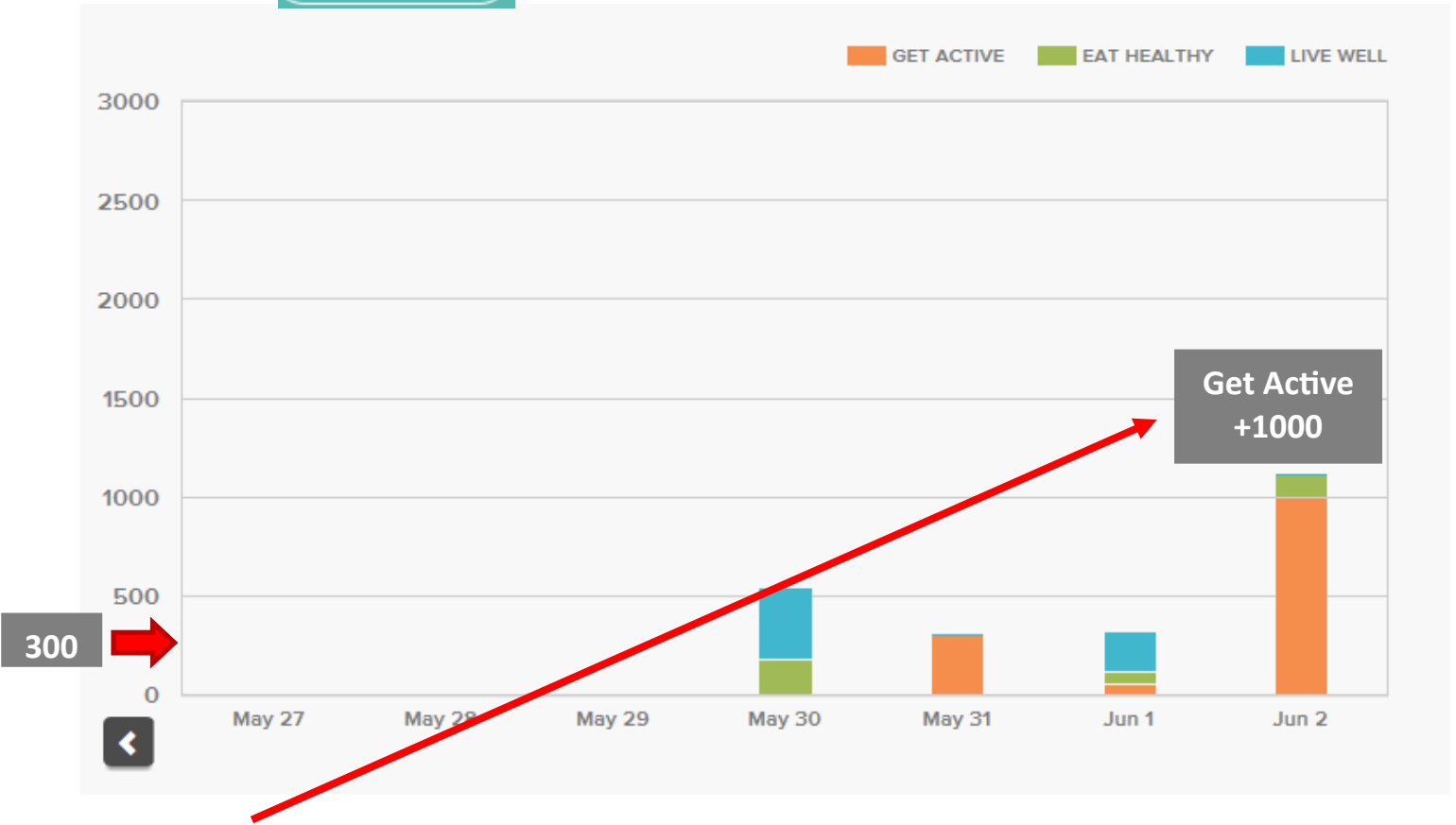


Every activity in track is assigned a different value, according to its difficulty and duration.

Get Active	Eat Healthy	Points	Live Well	Points
<p>Time-based activities credit 10 points per minute for moderate activity. For example, 45 minutes of exercise would count for 450 points.</p> <div data-bbox="248 688 524 957"> </div> <p>Low-intensity activities are worth 50 percent of moderate activities.</p> <p>High intensity activities are worth 200 percent of moderate activities.</p> <div data-bbox="237 1386 524 1539"> </div> <p>Step-based activities credit 0.10 points per step. For example, if you get 7,153 steps in for the day, you will earn 716 points.</p> <div data-bbox="302 1839 466 2001"> </div>		110		90
		80		100
		80		80
		90		90
		90		90
		90		80
		110		70
		90		90
		80		110
		110		110
		70		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  **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.

History

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