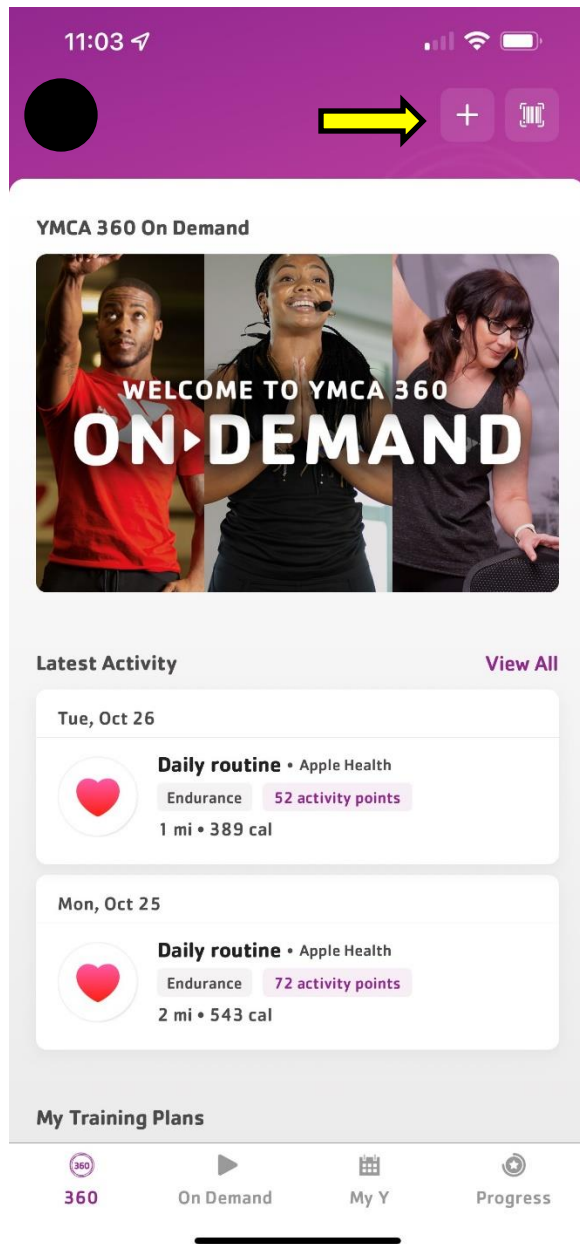
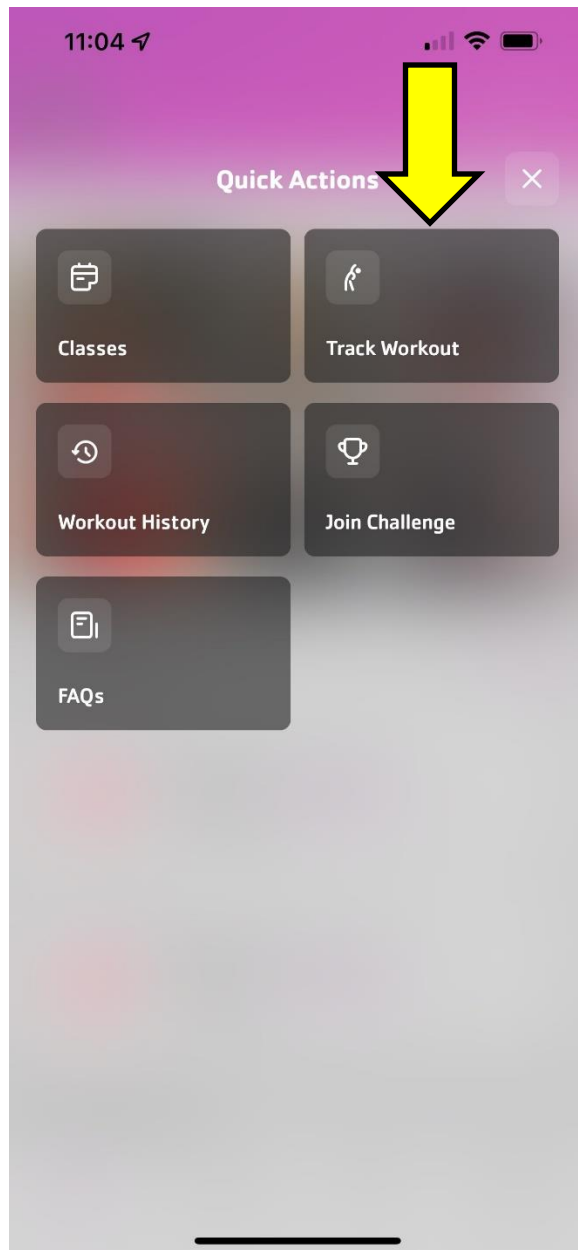


## Holiday Challenge 2012 – How to Track Workouts

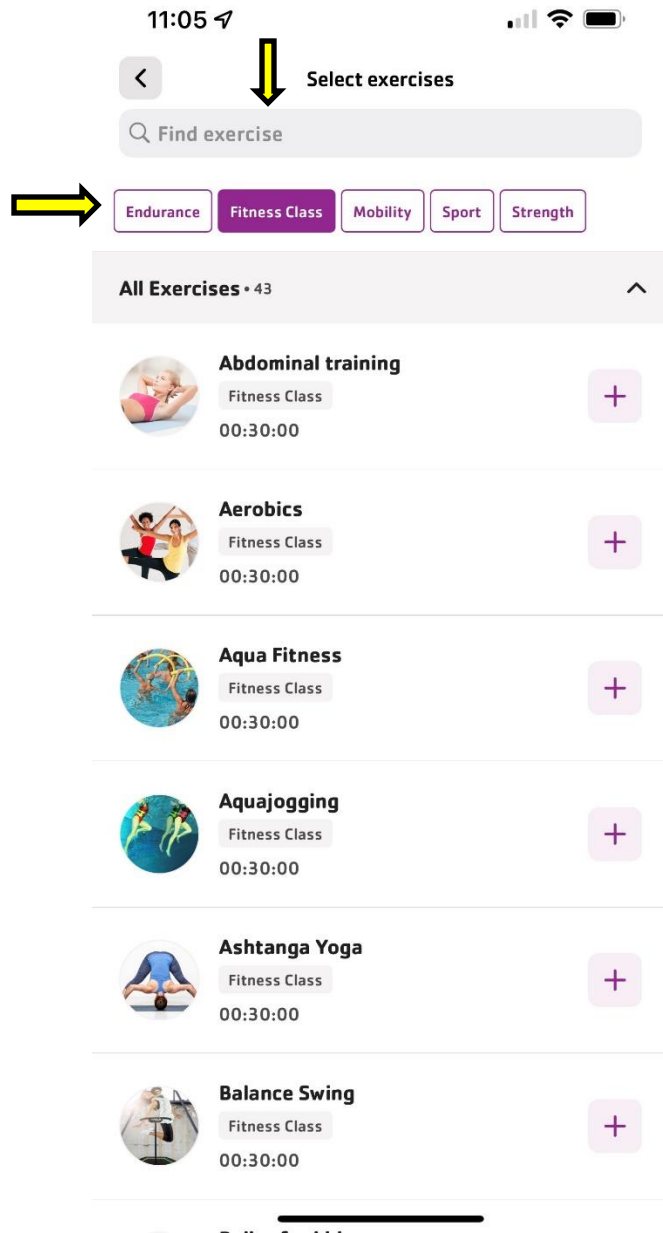


On the Home Screen of the App,  
click on the “+” on the top right



Under Quick Actions, click on  
“Track Workout”

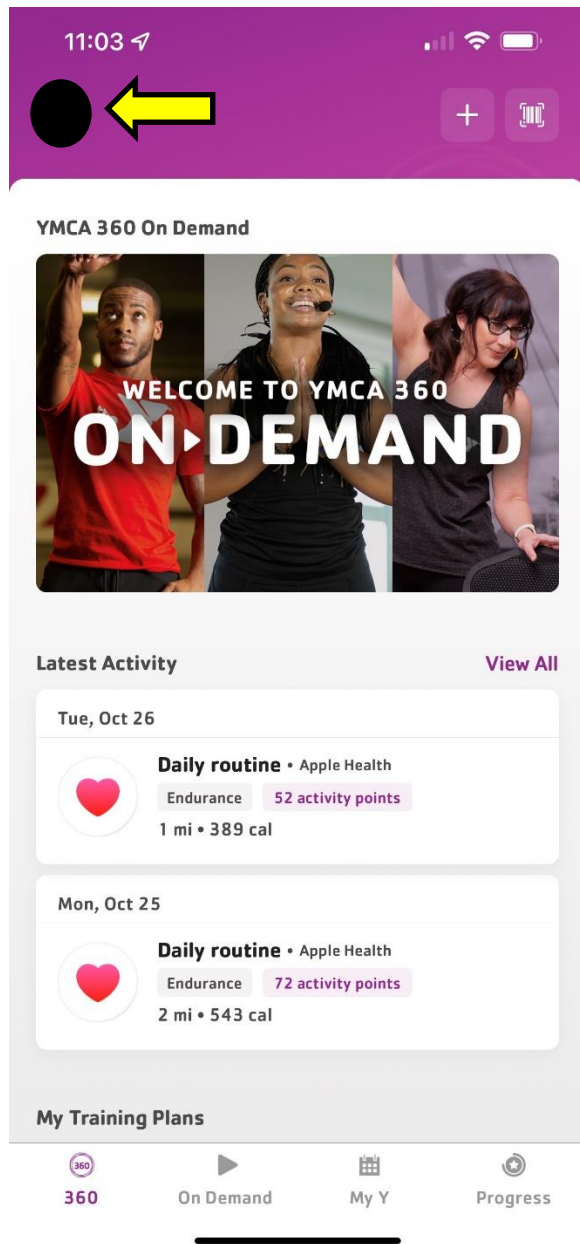
## Holiday Challenge 2012 – How to Track Workouts



On this screen you can use the search box to find an exercise or click on the Exercise Types provided. To manually track a group exercise class, click on Fitness Class.

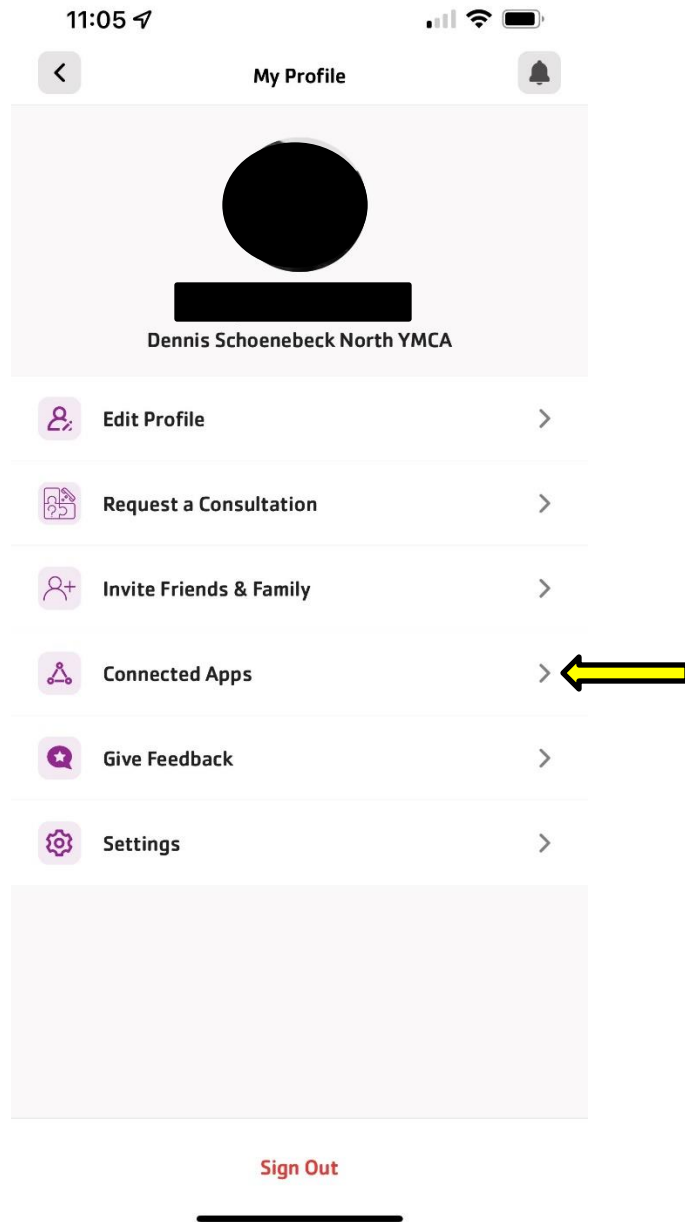
Note: class names are not an exact match to those on our schedule. Member will just need to pick the one that is the best match.

## Holiday Challenge 2012 – How to Track Workouts



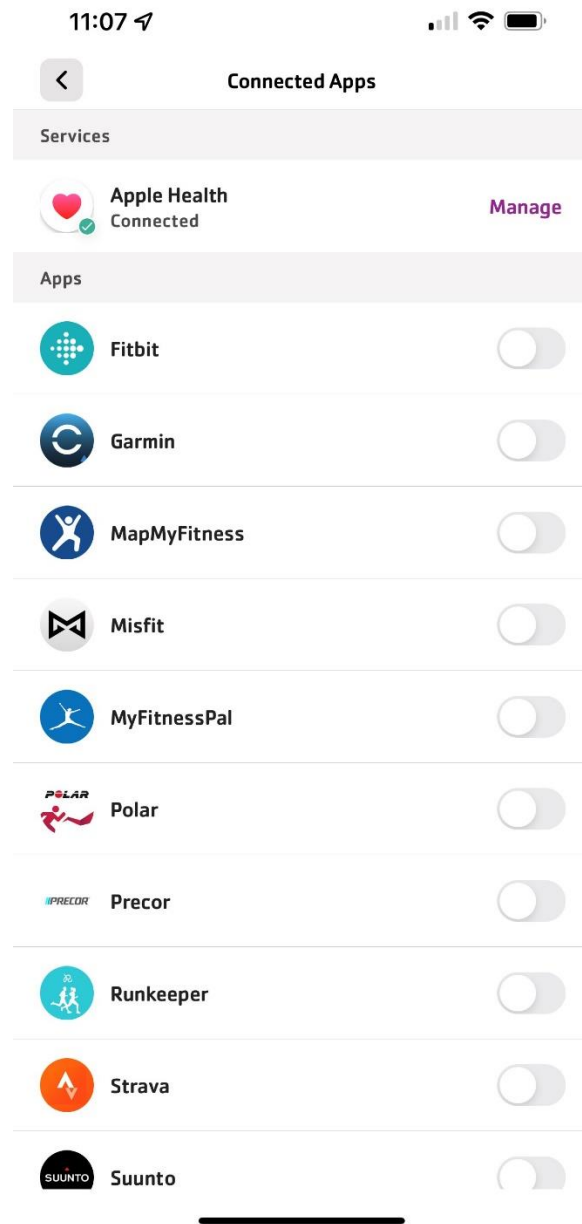
To add a connected app to the member's account, click on the circle icon on the top left.

## Holiday Challenge 2012 – How to Track Workouts



Click on “Connected Apps”

## Holiday Challenge 2012 – How to Track Workouts



Select the connected app that is associated with their wearable fitness tracker. In this example, “Apple Health” is selected because the member has an Apple Watch.

With a connected app, the member will not need to manually track each of their workouts.