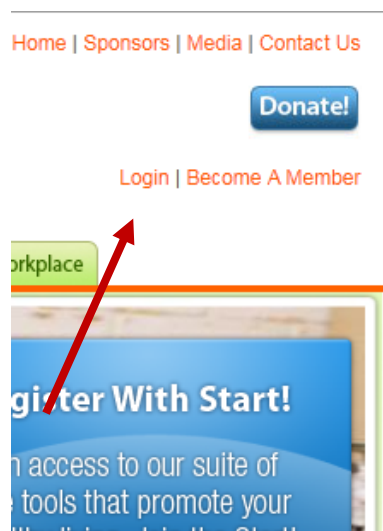


How to Log Your Daily Activity on www.startwalkingnow.org:

1. On the website, click “Login.” Be sure to login using the email address and password combination that you previously registered with.



2. Click the “Tracker” tab to begin entering and saving your daily activities.



3. Click the “Activity Diary” tab to begin entering and saving your daily activity, intensity, and minutes. Remember, the challenge begins April 4!

