

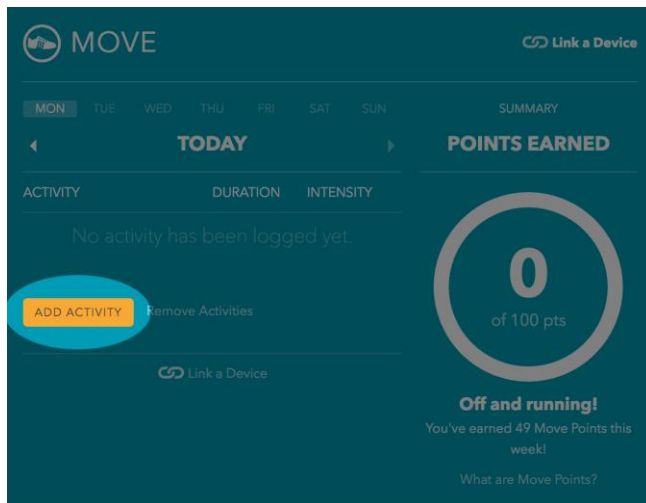


## How do I use the "device-free" tracker tool?

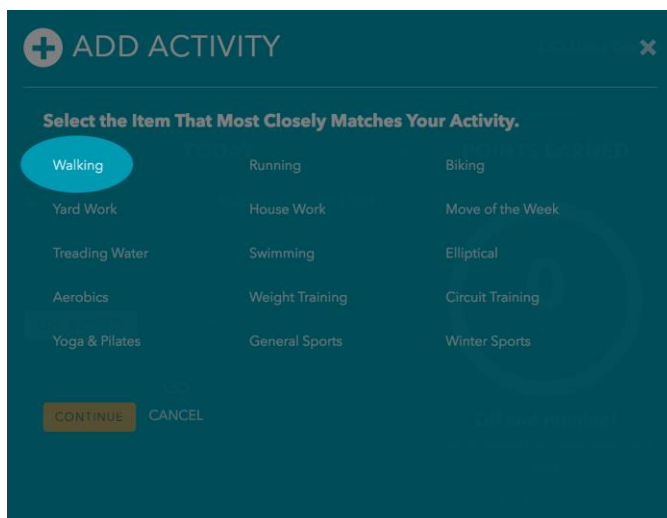
The "device-free" tracker tool will allow you to track activity manually if you don't have a compatible device. It's very easy and fun to use!

**NOTE:** The tracker tool will become available when the challenge officially kicks off on **April 4**.

In the Move section click "Add Activity."



Choose your activity and click "Continue."



The screenshot shows the 'ADD ACTIVITY' screen with a teal background. At the top, there is a header with a plus icon and the text 'ADD ACTIVITY', and a close icon (X) on the right. Below the header, the instruction 'Select the Item That Most Closely Matches Your Activity.' is displayed. A list of activity options is presented in a grid: Walking, Running, Biking, Yard Work, House Work, Move of the Week, Treading Water, Swimming, Elliptical, Aerobics, Weight Training, Circuit Training, Yoga & Pilates, General Sports, and Winter Sports. The 'Walking' option is highlighted with an orange border. At the bottom, there are two buttons: 'CONTINUE' (orange) and 'CANCEL' (white with orange text). A red circle highlights the 'CONTINUE' button.

Set the duration of your activity and click "Continue."

The screenshot shows the 'ADD ACTIVITY' screen with the 'Walking' option selected. The instruction 'Set the Duration of Your Activity.' is displayed. Below the instruction is a horizontal slider bar ranging from '3m' to '60m'. A circular callout with a white background and orange border shows '30 MINUTES'. The 'CONTINUE' button is highlighted with an orange border. The 'CANCEL' button is white with orange text.

Set the intensity level of your activity and click "Continue."

The screenshot shows the 'ADD ACTIVITY' screen with '30 Minutes of Walking' selected. The instruction 'Set the Intensity Level of Your Activity.' is displayed. Below the instruction is a horizontal slider bar with three intensity levels: 'LOW', 'MODERATE', and 'HIGH'. The 'MODERATE' level is selected, indicated by a yellow checkmark inside a blue circle. The 'CONTINUE' button is highlighted with an orange border. The 'CANCEL' button is white with orange text.

Congratulations! You're done!



Haven't joined yet? There's still time. Go to [www.onthemovechallenge.welcoa.org](http://www.onthemovechallenge.welcoa.org)

Company Code: KentStateMoves

**Show us your moves – send pictures to #HealthyKSU or [wellness@kent.edu](mailto:wellness@kent.edu). We can't wait to see how the blue and gold moves!**