If I missed a day of tracking, can I go back to the day and enter data?

- Yes, you can edit your information for the past 7 days
- This applies to all tracking categories not just steps
- Examples of how to go back and manually track are outlined for the iPhone & Web on the following pages
- After you’ve joined a challenge you can access the track page from the challenge or by going directly to the track page
JOINING FITNESS INCENTIVES AFTER 1/1/20

1. Click on Achieve
2. Click on Challenges
3. Click on Available
4. Click on Join all Challenges
5. Message will display showing you've joined all challenges
GOING BACK TO TRACK UP TO 7-DAYS

In the app, select ‘Track’ / Heart icon. On the top it will say “Today” but there is a drop-down arrow next to it.

Click on the arrow and it will open a calendar.

Select the day needed and then it will bring you to the page to edit your steps. Click on steps tracker.

Tap the + icon to add an entry.

Enter steps. Repeat steps for each day-up to 7. Steps will update immediately after tracked.
On the Web select ‘Track’ / Heart icon. It will display a calendar along with your green day progress. Select the date.

Click the health tracker you want to update and enter your data, repeat for each tracker. Repeat for each date—up to 7 days.