Use SuperTracker’s Physical Activity Tracker to track your daily activities.

You can access the Physical Activity Tracker from the homepage or in the global navigation bar.

Use the calendar in the dashboard to choose the date.

It will automatically select today’s date when you first come to the page.

To look up an activity, type the name into the search box.

As you are typing, a list of top search results will drop down.

If you see what you are looking for, select it from the list.

If you don’t see it, select the “Go” button to get the complete search results.

The physical activity details will appear in the activity card on the left side of the page.

The physical activity card gives you information about the activity such as the intensity.

Enter the duration of the activity in minutes.

And click the “Calculate” button to estimate the Calories burned for the duration you entered.
You can change the duration and click "Calculate" again to see an updated number.

Check the box next to the day(s) of the week and profile(s).

And finally, click the blue "+ Add" button to add the physical activity.

You will get a message confirming the activity was added to the day(s) and profile(s) you picked.

As you add activities, you’ll see your progress for the week in the table and weekly targets graph on the right.

You can see the recommended ranges of activity and days of muscle strengthening activity per week.

These tables are different for different age groups.

For children and teens, activities are tracked daily, with a target of at least 60 minutes a day.

And in addition to muscle-strengthening activity, days of bone-strengthening and vigorous activities are tracked.

Because the Physical Activity Guidelines for Americans say that one minute of vigorous activity counts about the same as two minutes of moderate,

SuperTracker uses Moderate Intensity Equivalent (or MIE) minutes to track activity.
So if you add an activity that is vigorous intensity, you get double credit for it in the table.

And in the same way, light intensity activities and activities for less than 10 minutes in duration don’t count toward the weekly target.

There are also time-saving features for adding activities. For example, there is a favorite activity list and a copy activities feature.

If you have a Fitbit personal device, the Physical Activity Tracker can sync and automatically add your daily steps into your weekly totals.

Just click the “Connect with Fitbit” link on the right to connect your device.

You can also add your daily steps manually.

If you would like to see your weekly physical activity report, click the link under the table.

And at the top-right, you can see how many Presidential Champions points you’ve earned so far.

As you add activities, you’ll rack up points and you can earn awards.

By clicking the arrow, you can track your progress toward your next Presidential Champions Award!

Thanks for listening, and great job tracking your activities!