HOW TO MANULLY ADD YOUR STEPS

Virgin pulse

ROEHL
ON THE ROAD TO HEALTHY LIVING

1 Open the Stats Section

Welcome Tianna

Rewards → 9,340 / 10,000

Healthy Habits
Track 3 habits →

Daily Cards
View 5 cards →

Stats →

4,309 Steps
0 hours Sleep
60 Active Minutes

Healthy Habits →
Keep tracking your habits. Get closer to your goals. Repeat!

Home | Health | Benefits | Social | More
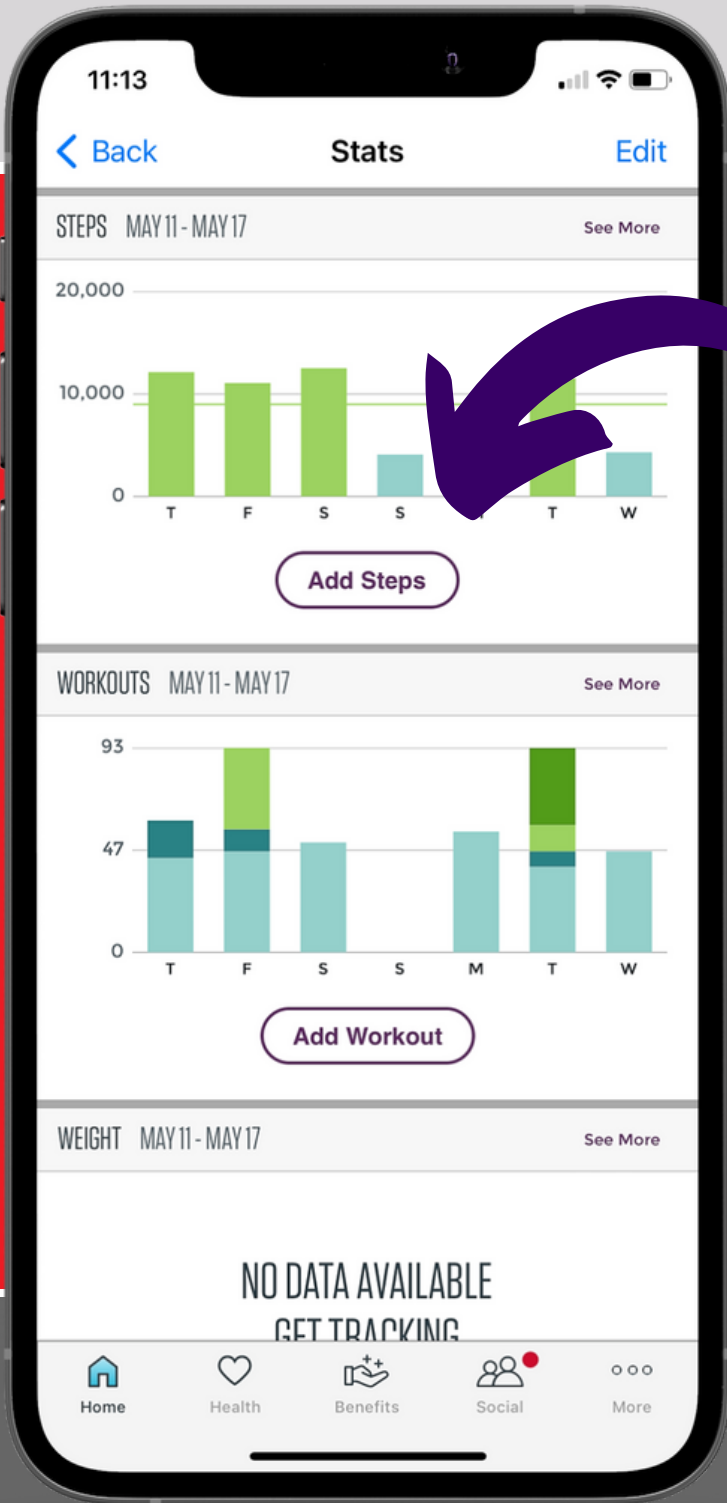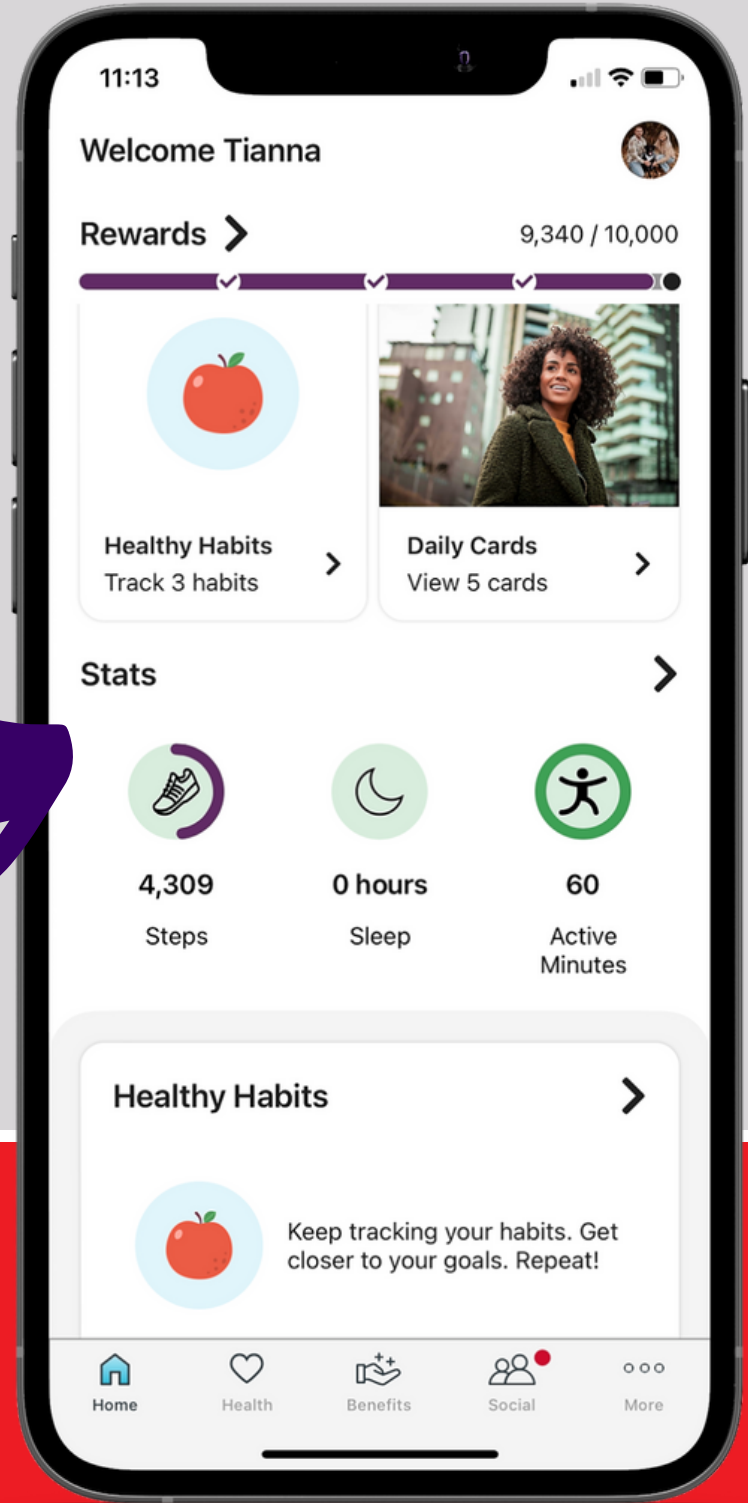
2 Click on the "Add Steps button"

11:13 ← Back Stats Edit

STEPS MAY 11 - MAY 17 See More
20,000
10,000
0
T F S S T W

Add Steps

WORKOUTS MAY 11 - MAY 17 See More
93
47
0
T F S S M T W

Add Workout

WEIGHT MAY 11 - MAY 17 See More
NO DATA AVAILABLE
GET TRACKING

Home | Health | Benefits | Social | More

5 Receive step counts for your workouts. Click on "Add Workout"

11:13 ← Back Stats Edit

STEPS MAY 11 - MAY 17 See More
20,000
10,000
0
T F S S M T W

Add Steps

WORKOUTS MAY 11 - MAY 17 See More
93
47
0
T F S S M T W

Add Workout

WEIGHT MAY 11 - MAY 17 See More
NO DATA AVAILABLE
GET TRACKING

Home | Health | Benefits | Social | More

11:15
Add Workout Close
Search for activity
Archery
Badminton
Ballroom Dancing
Baseball
Basketball
Body Building
Boxing
Canoeing
Circuit Training
Cricket
CrossFit
Cycling 10-13 mph/16-21 kph
Cycling 14-15 mph/22-24 kph
Cycling 16-19 mph/25-31 kph
Cycling 20+ mph/32+ kph
Cycling, Mountain
Cycling, Stationary

3 Add in the number of steps you moved.

11:13 Add Steps Close
Steps 100
Date Today
Save
Cancel Next
1 2 ABC 3 DEF
4 GHI 5 JKL 6 MNO
7 PQRS 8 TUV 9 WXYZ
0
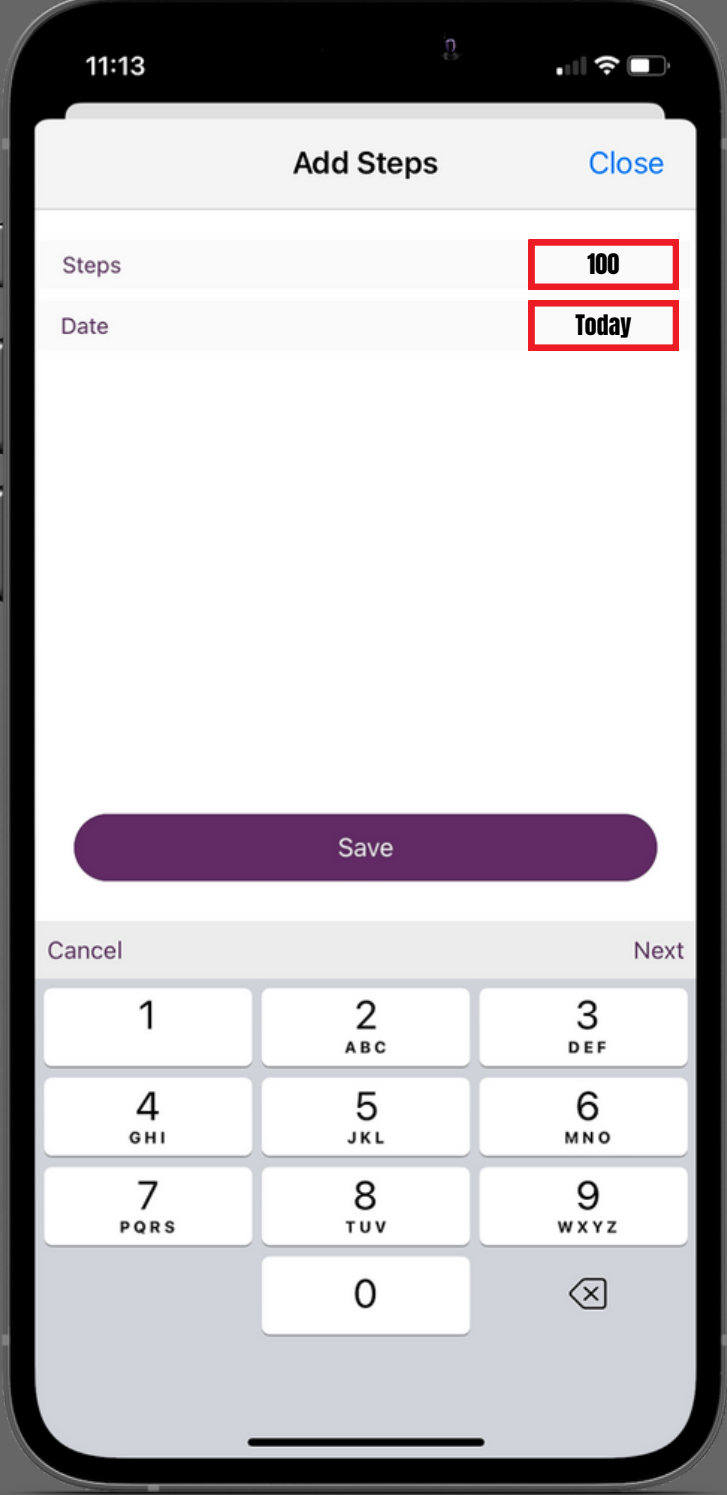
4 Choose the date for the steps

You can enter in your steps back 7 days (1 week).

6 Choose the exercise you've done.
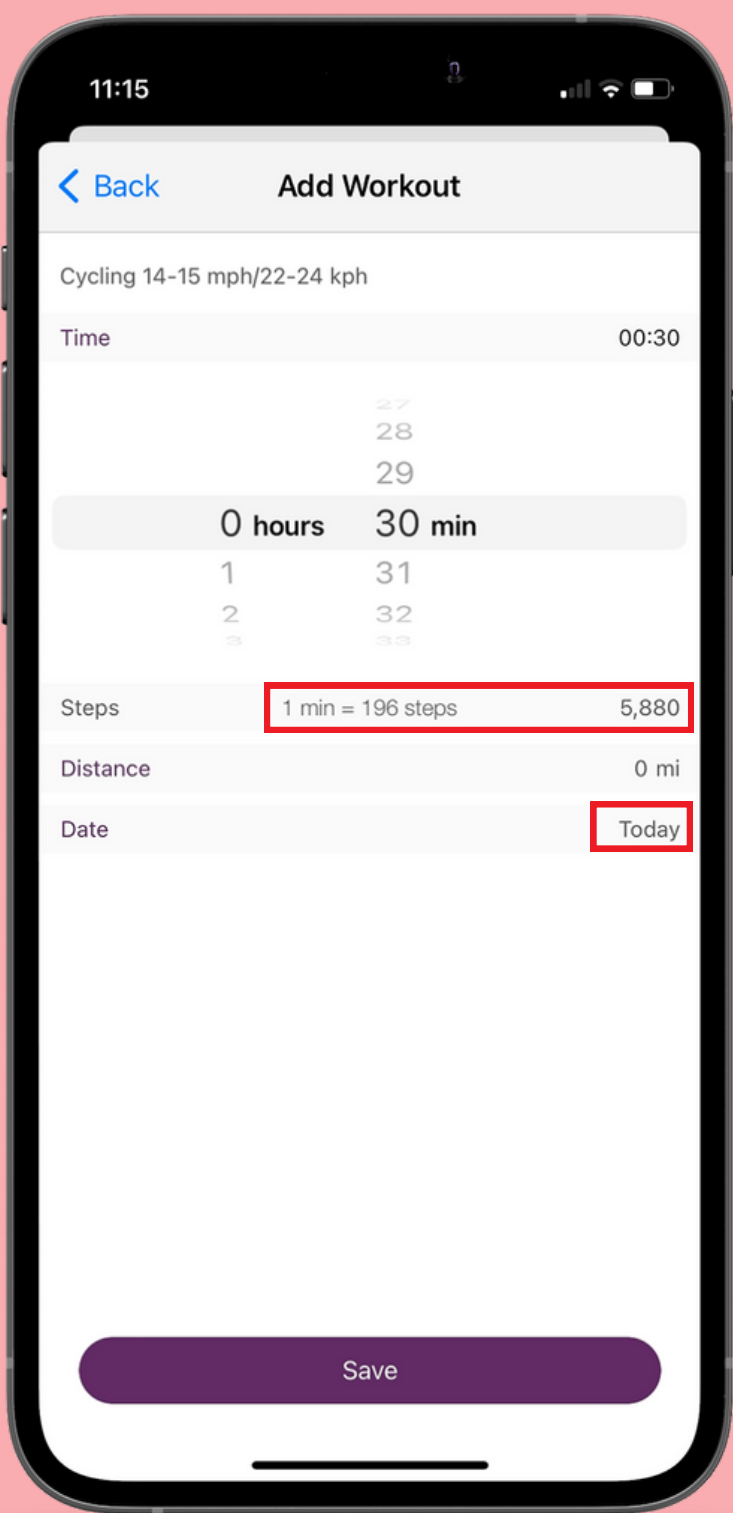
7

Next select how long you performed the exercise.

- You can see how many steps you will receive for the workout.
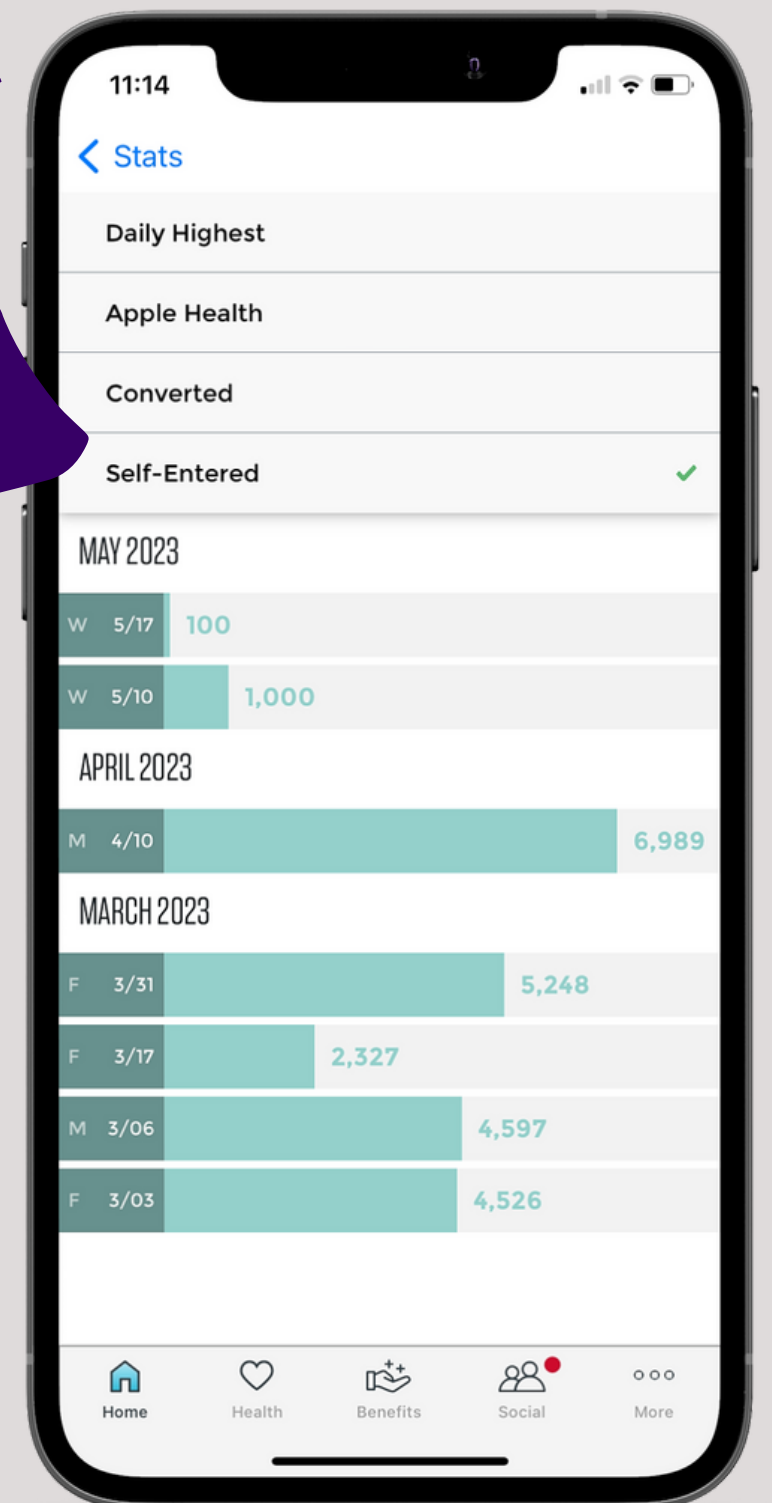- You can also add in your workouts for the last 7 days.
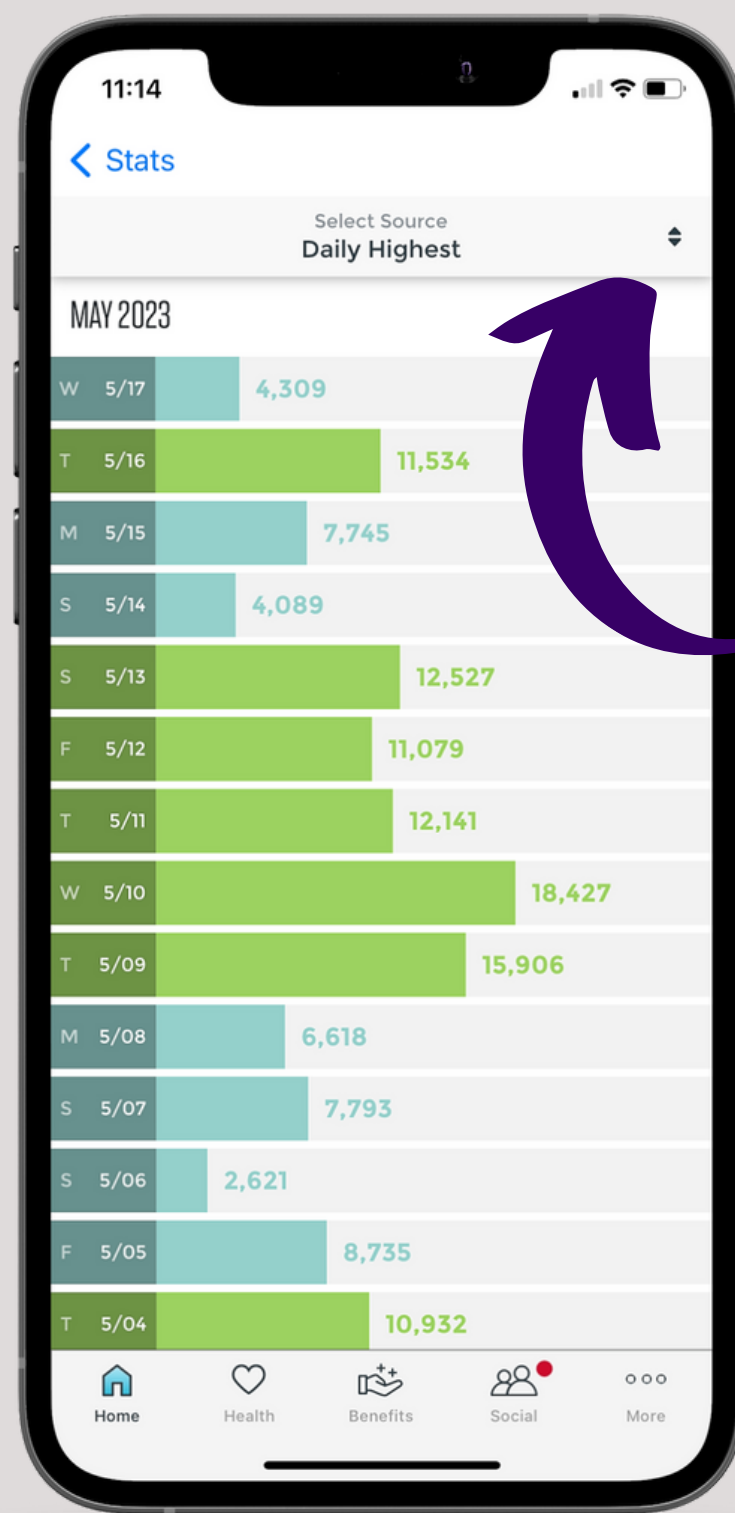
9

Click the 2 arrows to change from "daily highest" to "self-entered"

8

After adding your steps & workouts click on "see more" in the steps section.

10

You can now see how many steps you've self-entered.

These steps will be added to challenges and your overall total for the day.