Select your Piezo model

*IF* you have a ‘link code’ from your clinic or work, enter it here. This link code can also be added on your account page.

Click to sign up
Your home page...

HELP icons ? are located throughout your calendar!

Navigation Menu
Calendar / Account / Help / French / Exit

Page Navigation
Snapshot Summary / Set Your Goals / Messages / Challenges / Reports / Inspiring Facts

welcome Douglas!

If you focus on results you will never change, if you focus on change, you will get results.

JACK DIXON

Motivational Quotes

WalkSpot Gallery
Send us your pic!
LogYourSteps Calendar Views...

Every view has a 30 day Snapshot!

Turn your calendar GREEN!

- Dark green borders around your box? You met the Physical Activity Guidelines for the wk!
- Green boxes? You met your goal that day!
- Gold boxes? You are within 20% of your goal!
- Grey boxes? You have entered your data!
Log Your Activity...

Please Note:

This is not part of our Challenge but you are welcome to use on your own.

Please refer to our approved: Conversion Chart

(Piezo Models that offer these features)
Log Your Health Data...

FEBRUARY 2017

healthy choices
- minutes of meditation/mindfulness today
- servings of vegetables & fruits today
- grams of fiber today
- glasses of water today
- hrs of sleep last night

save

healthy choices

body measurements
- waist circumference
  - waist
  - hip
- waist hip ratio
- weight
- weight

save

body measurements

blood pressure
- systolic
- diastolic
- heart rate

save

blood pressure

blood glucose
- breakfast
  - before
  - after
- lunch
  - before
  - after
- dinner
  - before
  - after
- bedtime
- bedtime

save

blood glucose

blood cholesterol
- ldl
- hdl
- lipids

save

blood cholesterol

A1C
- reading

save

A1C
Create or Join A Competition...

Create a challenge based on...

Join a challenge

Add Individual Challenge

Want to join a challenge?

City Walkers

Enter team name

Team password

Join
Follow your Competition Results...

my challenges

TRI-

create a challenge based on...

TRI- based on team average

steps 224,000,000
kms 162,201.30
miles 102,517.16

challenge duration
start 01/30/2017
end 03/26/2017

details

Free Spirits - 1.5%
RT Star 505,210
Mike R 94,125
Angel Wings 79,957
BB King 23,697

total: 702,989
average: 175,747

Dance Walkers - 1.1%
Marco's Rein- - 1.0%

people