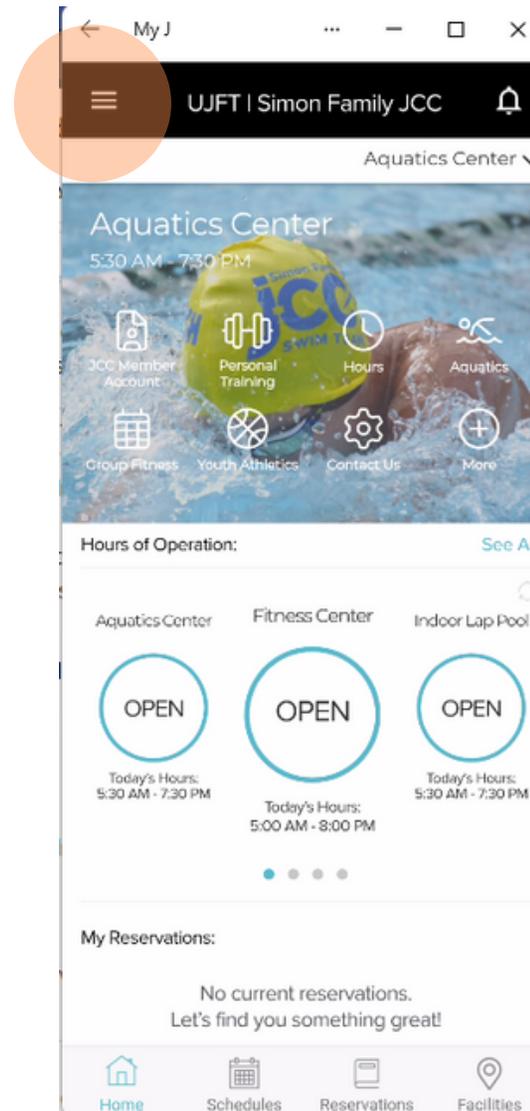# How to Track an Activity

1. Begin by logging into the MyJ app on your phone.

Next, click on the menu in the upper left hand corner.
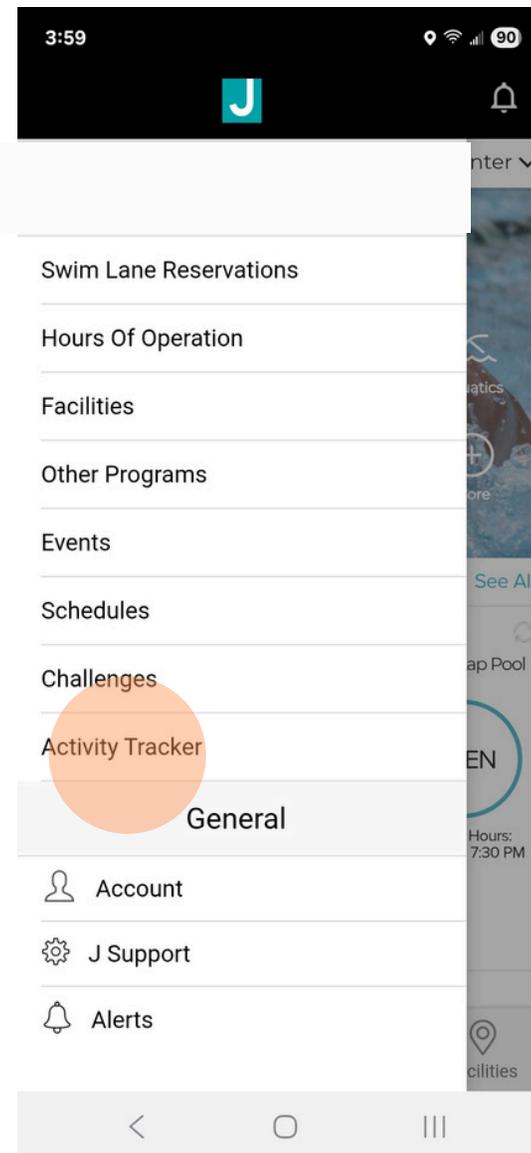
How to Track an Activity
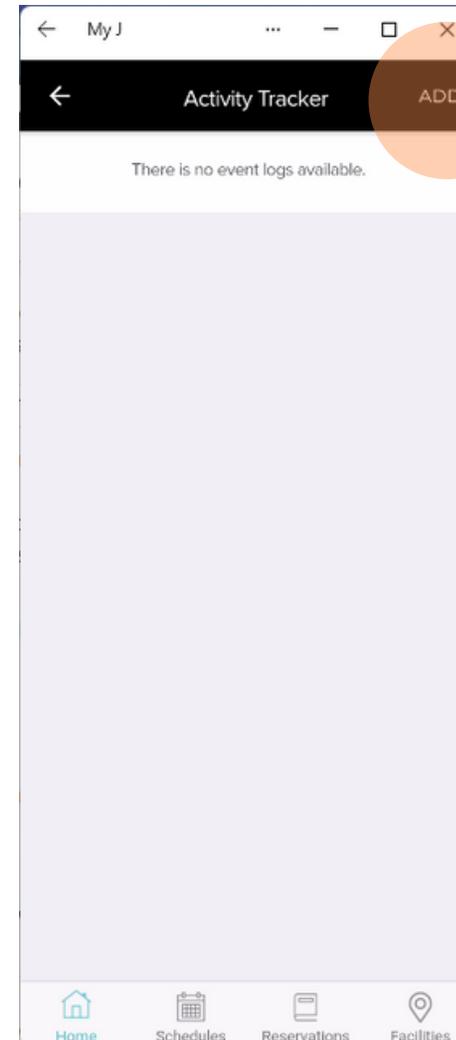
2. Once you have the menu, click on Activity.

How to Track an Activity

3. When the Activity Screen comes up. Click ADD in the upper right hand corner.
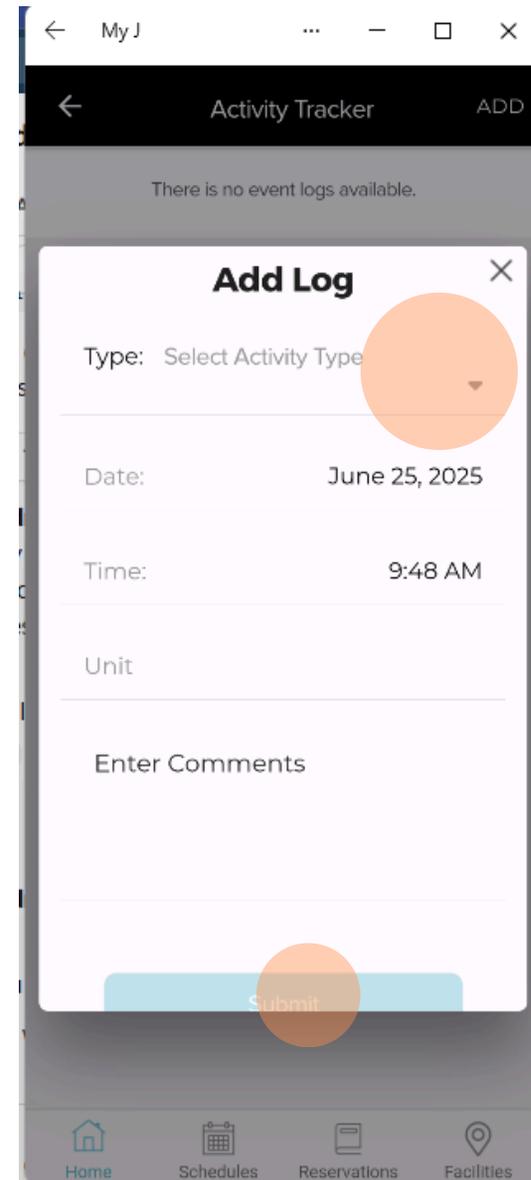
How to Track an Activity

4. From the dialog pop up box, choose the Activity you are tracking, say it's swim laps for example.

The current date/time is automatically populated.

Fill in the units you completed; in this case, it's laps.

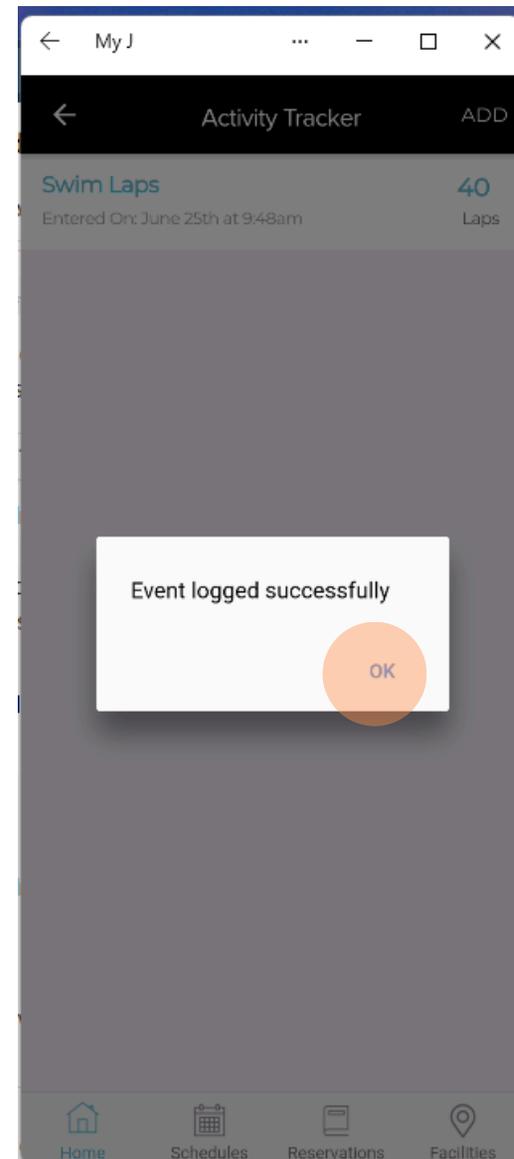Click the blue SUBMIT button at the bottom of the screen.

How to Track an Activity

5. Once you've hit SUBMIT, another popup box should come up and confirm that you have successfully logged your activity.

Click OK.

How to Track an Activity

Your activities are now tracked and listed in the Activity Tracker view.