

MSE STEP CHALLENGE

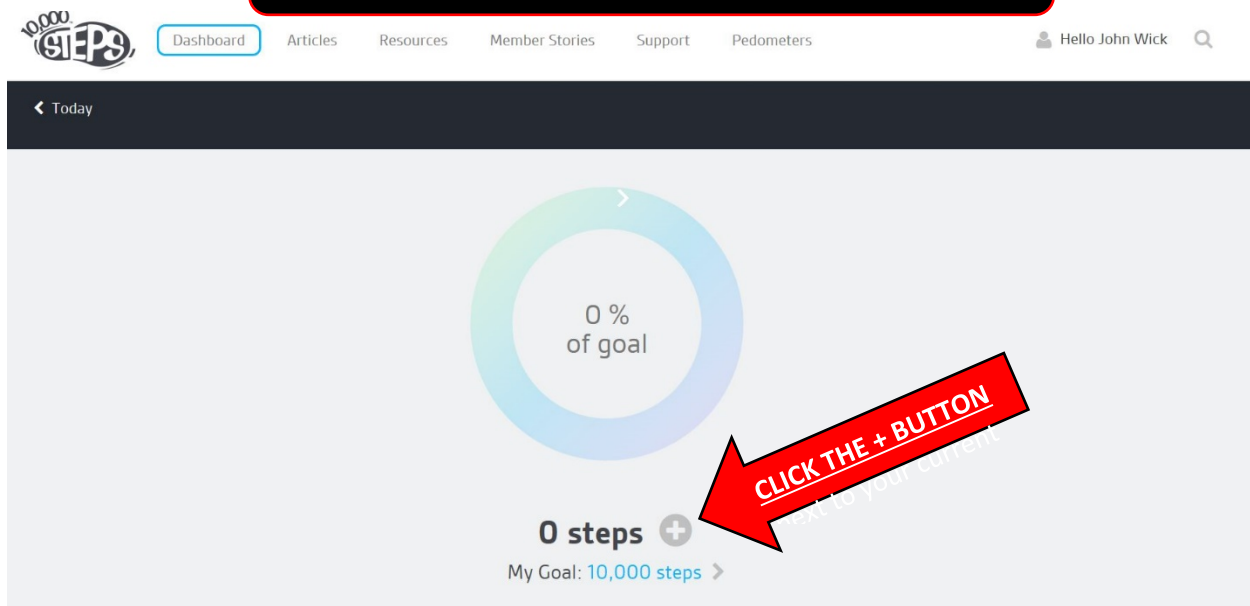
LOGGING YOUR STEPS MANUALLY

(On your phone) Check your *step tracking app* (Google Health, Apple Health, Samsung Health) to verify the number of steps you have done today.

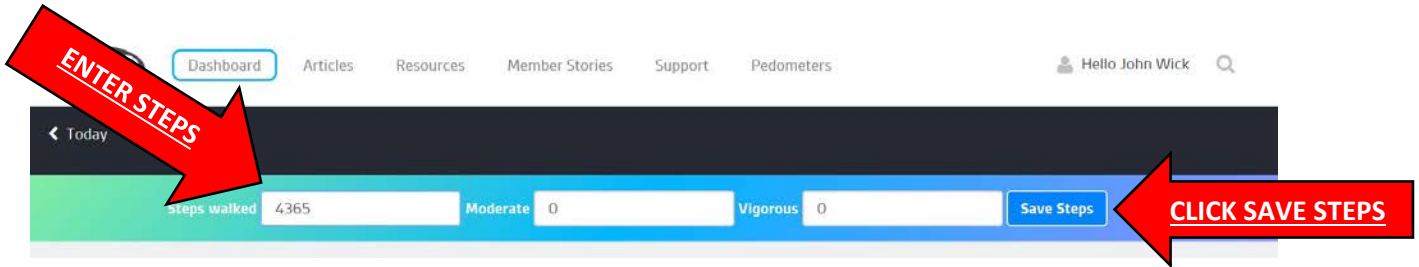


TIP! Screenshot your steps on the tracker app to keep evidence for future reference.

Navigate to the 10,000 Steps Dashboard (via the App or Web Browser) www.10000steps.org.au



Enter the number of steps from your tracker app into the “Steps Walked” box.



The screenshot shows the top navigation bar with links: Dashboard, Articles, Resources, Member Stories, Support, and Pedometers. The user is logged in as "Hello John Wick". Below the navigation bar, there is a form to enter steps. A red arrow labeled "ENTER STEPS" points to the "steps walked" input field, which contains the number "4365". To the right of this field are two more input fields: "Moderate" with "0" and "Vigorous" with "0". A blue "Save Steps" button is to the right of these fields. A second red arrow labeled "CLICK SAVE STEPS" points to the "Save Steps" button.

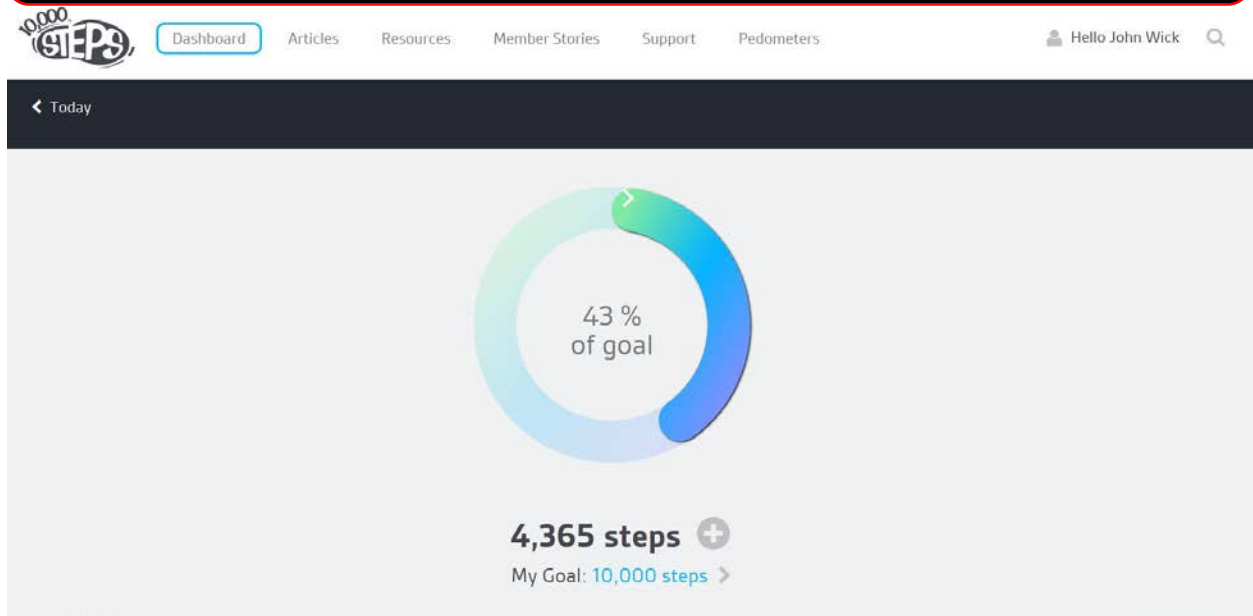
Dashboard Articles Resources Member Stories Support Pedometers Hello John Wick

< Today

steps walked 4365 Moderate 0 Vigorous 0 Save Steps

CLICK SAVE STEPS

You will be sent back to the dashboard and your newly entered steps will be reflected on the dashboard



Update Steps Daily or Weekly