



BRINGING THE dotFIT ME PROGRAM TO LIFE



Introducing the... **exerspy**™



**GET REAL TIME BODY INFORMATION BY THE MINUTE -IT MOVES AND BREATHE AS YOU DO SO YOU CAN REACT TO THE FACTS - YOUR WAY!**



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ALLIANCE OF PRESTIGE & CREDIBILITY

EXPERIENCE. EXPERTISE. RESULTS.



## YOUR WEBINAR HOST & SPEAKERS

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- Jeremy Guenther, NASM-CPT, CES, PES
  - ✓ National Account Specialist
  
- Kat Barefield, MS, RD, NASM-CPT, PES, ACSM-HFS
  - ✓ Research & Development



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## WHY DO WE NEED EXERSPY ?



- Weight Control Comes Down to *Calories*
  - Everyone gains weight when they *eat more calories* than they burn on a regular basis
  - Everyone loses weight when they *eat fewer calories* than they burn off - regardless of where those calories come from.
  - Longest and most comprehensive study on weight loss revealed:
    - **Reducing calories, regardless of the diet type results in weight loss**
      - Sacks et. Al. N Eng J Medicine, 2009



## WHY DO WE NEED EXERSPY ?



### ➤ You Need to Know Your Numbers!

- Most people don't know how many calories they **SHOULD** eat
- The average person is unaware of how many calories they **DO** eat on a daily basis
- International Food Information Council Survey of 10,000 Americans
  - Less than 2 of 10 know how many calories they need daily to maintain their weight
  - Only 1/3 correctly identified that "calories in general are most likely to cause weight gain"





ALLIANCE OF PRESTIGE & CREDIBILITY

EXERSPY



## CONNECT, DETECT, SUCCEED

---

- exerspy and dotFIT Me bring your numbers to life, so you can react and succeed!
  - ✓ Calories Burned
  - ✓ Minutes of Physical Activity
  - ✓ Steps
  - ✓ Sleep Efficiency
- ***You can't manage what you don't see or measure***



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## EXERSPY - THE SCIENCE

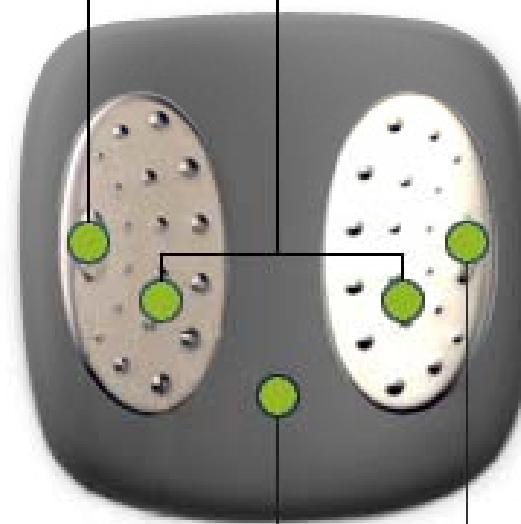


# SENSORS

1. Accelerometer
2. Skin Temperature
3. Galvanic Skin Response
4. Heat Flux

**Skin Temperature**  
measures the surface  
temperature of the body

**Galvanic Skin Response**  
measures skin impedance  
which reflects water content  
of the skin and the con-  
striction or dilation of the  
vascular periphery



**3-axis Accelerometer**  
measures motion

**Heat Flux**  
measures the rate at  
which heat is dissipating  
from the body



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EXERSPY – THE SCIENCE



## EXERSPY SENSORS

---

### ➤ Motion

- ✓ The armband contains an accelerometer, a device that measures motion
- ✓ Measures HOW you move from multiple axis and perspectives

### ➤ Steps

- ✓ The accelerometer measures the distinct patterns created by walking and/or running.



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EXERSPY – THE SCIENCE



## EXERSPY SENSORS

---

### ➤ Galvanic Skin Response

- ✓ Sweat response helps measure how active you are.

### ➤ Skin Temperature

- ✓ Electronic thermometer inside the armband

### ➤ Heat Flux

- ✓ Heat flowing from your body into the environment is measured



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EXERSPY



## ACCURACY, BATTERY & MEMORY

---

### ➤ Accuracy

- ✓ >90% for free living activities (total calories burned)
- ✓ 95% for total minutes of physical activity
  - *British Journal of Sports Medicine, July 2008*

### ➤ Battery

- ✓ Internal rechargeable lithium
- ✓ Lasts 5-7 days of continuous use
- ✓ 3 hours to recharge via USB

### ➤ Memory

- ✓ 14 days worth



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- Software Requirements:
  - ✓ Windows XP SP2/Later\*
  - ✓ Microsoft .NET Framework 3.5/Later
  - ✓ Mac compatibility software
  - ✓ Internet Explorer 7/Later or Firefox 3/Later (recommended)
  
- Hardware Requirements:
  - ✓ Available USB Port
  
- Administrative rights will be required on the computer that the exerspy will be connected to
  - ✓ Due to exerspy software installation



ALLIANCE OF PRESTIGE & CREDIBILITY

EXERSPY - THE SCIENCE



## OPTIONAL DISPLAY DEVICE

---

- Watch or clip-on
- View data for today or yesterday
  - ✓ Calories Burned
  - ✓ Calories per minute
  - ✓ Steps
  - ✓ Minutes of physical activity
  - ✓ Average METs
- Trip function



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EXERSPY - CONNECT, DETECT, SUCCEED



## HOW IT WORKS WITH dotFIT ME



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# ENHANCED SUMMARY PAGE



Summary

Activity Tracker

Nutrition

Supplements

Exercise Programs

Learn

My Info

New Activity Tracker page, Exercise tab now Exercise Programs, Overview tab displays current goal, Log Food and Connect exerspy buttons provide clear call to action.



Overview

Current Program

**My Current Goal: Lose 4 lb(s) in 8 weeks**



Today's Calorie Deficit Goal  
**250**



Today's Weight Loss Goal  
**0.07 lb(s)**

**Current Daily Progress:**

Based on the logged food, your current calorie deficit is **676**.  
If this is your last meal of the day you will lose **0.57 lb(s)**.

Log Food



Connect exerspy



Estimated burn next to flame is displayed before you upload your exerspy data.



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# IMPROVED LEGEND ON SUMMARY PAGE



9:00 am

6:00 am

3:00 am

608

0

Log Food

Based on the logged food, your current calorie deficit is **608**.  
If this is your last meal of the day you will lose **0.49 lb(s)**.

Log Food

Connect exerspy

**Improved Legend on the Summary Page makes it easier for users to understand their numbers**

**Legend**

- 2820 Cal Your estimated target calorie burn based on your answers to the questionnaires.
- 0.15 lb(s) Your projected daily weight loss/gain.
- 2289 Cal Your recommended daily calorie intake.
- 1002 Your current calorie burn. exerspy users must connect first.
- Log Food Log your food to see the calories you've consumed.



# THE SUMMARY PAGE - A POWERFUL VISUAL!



Summary

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The Summary page contains the critical information you need to reach their goals.

The Expected Burn is the average number of calories you burn each day.

The red line is your average calorie intake target - the average number of calories you should consume each day to reach your goal.

Expected Burn:

1722 Cal

-0.09 lb(s)

1410 Cal

661

Log Food

0

The bar graph is a visual representation of your daily progress as long as you log food.

The flame represents the number of calories you've burned up to this time of day.

The calories you've logged are displayed next to the Log Food button.



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# CONNECT EXERSPY TO GET STARTED




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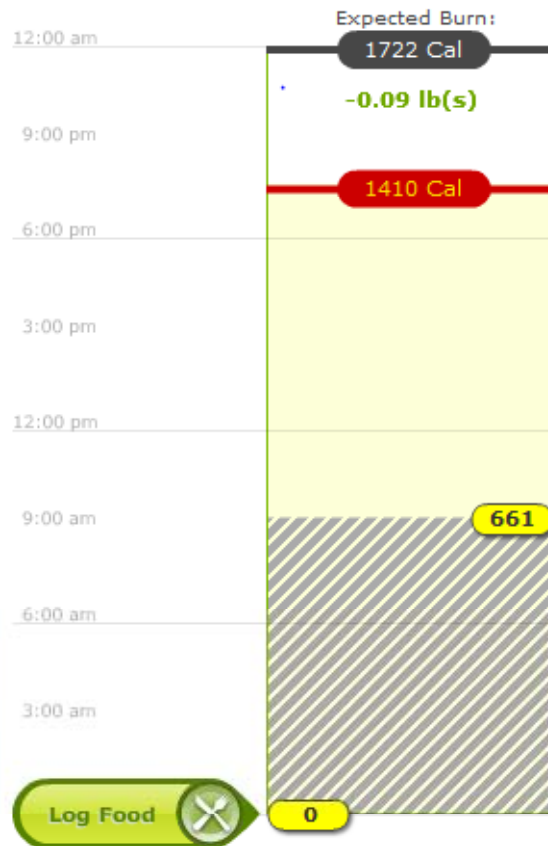
## Overview

New Program

Program Printout

September 2009


	S	M	T	W	T	F	S
36	30	31	1	2	3	4	5
37	6	7	8	9	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30	1	2	3
41	4	5	6	7	8	9	10



## Overview

## Current Program

**My Current Goal: Lose 5 lb(s) in 8 weeks**


 Today's Calorie Deficit Goal  
**312**

Click the Connect exerspy button or the Activity Tracker tab to get started.

0.49 lb(s).

Log Food

Connect exerspy

## Feedback

We'll prompt you to enter your weight every 7 days and you'll get tips and guidance to stay



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# ACTIVITY TRACKER



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My Activity Tracker



## My Activity Tracker



Welcome to exerspy!  
Before uploading your armband for the first time, you must create a new program. Please [click here](#) to do this now. We apologize for any inconvenience.

Existing users will need to create a new program.

### WANT TO REACH YOUR FITNESS GOALS FASTER? MEET THE EXERSPY!

**It's a fact:** the more you move, the more calories you burn. Activity is the key. exerspy gives you a true 360-degree view of your physical activity and caloric burn from five different physiological perspectives.



**Connect. Detect. Succeed.**

Our lightweight armband and attractive design make this an essential tool in connecting the dots to your health and fitness.

**BUY IT NOW**

Get your exerspy armband now for \$179.95!

- Limited time offer
- Regular price \$249.95



**ADD TO CART**

#### Features

- Precise, real-time data guaranteed to maximize results
- Track your caloric expenditure by the moment
- View daily steps
- View physical activity—low, moderate, vigorous
- View your sleep efficiency
- Printable reports
- Set alerts based on your

# NEW PROGRAM WIZARD



Summary

Activity Tracker

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My Info

Follow the new program wizard.

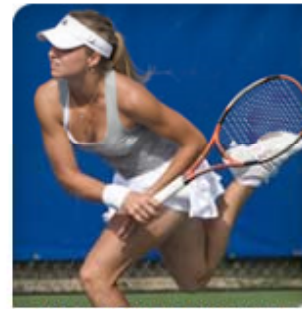
## What's your goal?



**GET LEAN**  
Lose weight or body fat or tone up



**BUILD MUSCLE**  
Gain weight or muscle



**IMPROVE ATHLETIC PERFORMANCE**  
No change in weight



**IMPROVE ATHLETIC PERFORMANCE**  
And gain weight or muscle



**IMPROVE ATHLETIC PERFORMANCE**  
And lose weight or body fat



**IMPROVE HEALTH**  
No change in weight



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# PERSONAL STATS



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## Personal Stats

Welcome

Personal Stats

Medical History

PAR-Q

Create a Program

Finish

Birthdate \*

3/1/1970

Time Zone \*

Pacific Standard Time

Weight (lb) \*

197.001

Gender \*

Male  Female

Bedtime \*

11:00 PM

Body Fat (%) \*

11

Handedness \*

Right Handed

Waketime \*

6:00 AM

Height (in) \*

Smoker \*

Yes  No

Measurements Units \*

Standard

Resting Heart Rate (bpm)

I will track my progress by measuring:

Weight Only

- You should log your weight preferably every seven days.
- Weigh in mid-week on the same scale, same time of day and similar clothing.

When using this program, will you be working with a coach or fitness professional, in person, in a facility located in North Carolina or Ohio? \*

Yes  No

Do you have an exerspy Armband? \*

Yes  No

Previous

Next

Click "Yes" you have an exerspy Armband and complete the remaining questionnaires. Your previous answers were saved.



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# SUCCESS SCREEN



Summary

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## Program Confirmation

Welcome

Personal Stats

Medical History

PAR-Q

Create a Program

Finish

Success! ✓



View Program Printout

When finished creating a program, you'll see the Success screen. Click Go to Summary page.

Go to Summary Page

Create Exercise Program



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# CONNECT EXERSPY



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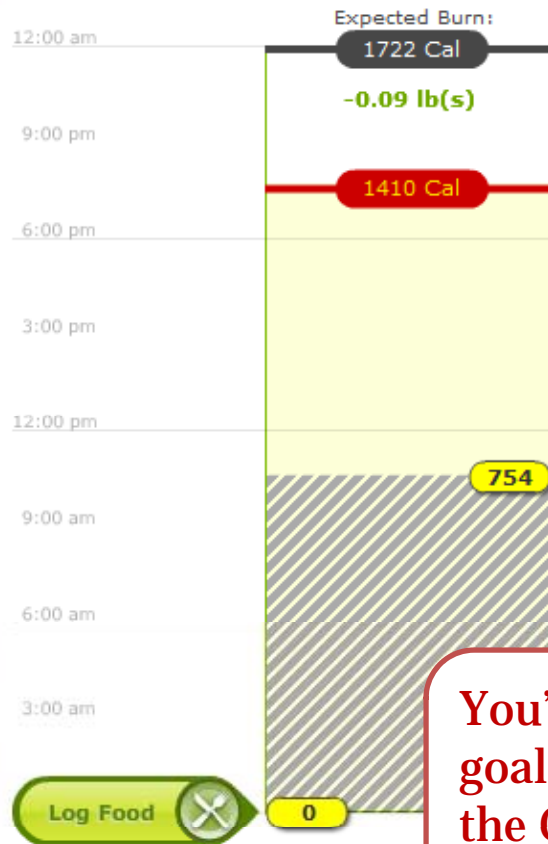
Overview

New Program

Program Printout

September 2009

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41	4	5	6	7	8	9	10



Overview

Current Program

**My Current Goal: Lose 5 lb(s) in 8 weeks**

Today's Calorie Deficit Goal  
312

Today's Weight Loss Goal  
0.09 lb(s)

**Current Daily Progress:**

Based on the logged food, your current calorie deficit is **754**.  
If this is your last meal of the day you will lose **0.49 lb(s)**.

Log Food

Connect exerspy



You'll see your updated goal and daily targets on the Overview tab. Click the Connect exerspy button.



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# UPLOADING INSTRUCTIONS



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You'll see the instructions for how to upload. Once you connect the exerspy to your computer, a new hardware wizard will appear. Follow the on-screen instructions.

My Activity Tracker

exerspy Data

exerspy Targets & Settings

Step Tracker

## Uploading Your exerspy Data

Connect exerspy



Before uploading, be sure computer via USB cable.



1

Please attach your exerspy unit to an USB port on your computer

2

Once you're finished uploading, click Close and select one of the options listed in Step 3

3

After upload is complete please click the button above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



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# CONNECTING EXERSPY



Supplements Exercise Programs Learn My Info

## My Data

Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

exerspy upload utility

When ready to upload data click below.

Go

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exerspy upload utility

Successfully uploaded

Close

1 Connect the exerspy unit to an USB port on your computer

2 Once you're finished uploading, click Close and select one of the options listed in Step 3

3 After upload is complete please click the button above

Show me today's progress on my summary page (recommended)

Show me my exerspy data page

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



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# CONNECTING EXERSPY



exerspy

exerspy™  
CONNECT. DETECT. SUCCEED.

Now Scanning for Devices...

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exerspy upload utility

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My Info

## My Data



Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

exerspy upload utility

exerspy™  
CONNECT. DETECT. SUCCEED.

Successfully uploaded

Close

POWERED BY dotFIT™  
Your Fitness. Connected.

Show me today's progress on my summary page (recommended)

Show me my exerspy data page



2 Once you're finished uploading, click Close and select one of the options listed in Step 3

3 After upload is complete please click the button above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



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# CONNECTING EXERSPY



### exerspy upload utility

exerspy™  
CONNECT. DETECT. SUCCEED.

Device Found. Connecting to device.

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**Supplements**   **Exercise Programs**   **Learn**   **My Info**

## exerspy Data

Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

### exerspy upload utility

exerspy™  
CONNECT. DETECT. SUCCEED.

Successfully uploaded

Close



Show me today's progress on my summary page (recommended)

Show me my exerspy data page 

1. Connect your exerspy unit to an USB port on your computer
2. Please attach your exerspy armband to a USB port on your computer
3. After uploading is complete, click one of the options above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



# CONNECTING EXERSPY



exerspy

exerspy upload utility

**exerspy™**  
CONNECT. DETECT. SUCCEED.

This Device is not associated with your account. Do you want to associate it?

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## My Data



Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

exerspy upload utility



Successfully uploaded



Show me today's progress on my summary page (recommended)

Show me my exerspy data page



2

Once you're finished uploading, click Close and select one of the options listed in Step 3

3

After upload is complete please click the button above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



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# UPLOADING EXERSPY DATA



exerspy

exerspy upload utility

CONNECT. DETECT. SUCCEED.

## Exerspy Detected

Uploading data...

Please do not disconnect your exerspy armband until this session has ended.

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## Exerspy Data



Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

exerspy upload utility



Successfully uploaded

Close



Show me today's progress on my summary page (recommended)

Show me my exerspy data page



2

Once you're finished uploading, click Close and select one of the options listed in Step 3

3

After upload is complete please click the button above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



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# SAVING EXERSPY DATA



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## Exerspy Data

Before uploading, be sure your exerspy armband is connected to your computer via USB cable.

exerspy upload utility

Saving processed data. . .

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exerspy upload utility

Successfully uploaded

Close

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1   Attach your exerspy unit to an USB port on your computer

2   Please attach your exerspy armband to a USB port on your computer

3   After uploading is complete, click one of the options above

Show me today's progress on my summary page (recommended)

Show me my exerspy data page

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.



# OPTIONS AFTER UPLOAD



After uploading, choose an option in Step 3. We recommend going to the Summary Page to see your current calorie burn compared to your calorie intake target.

- My Activity Tracker
  - exerspy Data
  - exerspy Targets & Settings
  - Step Tracker

## Uploading Your exerspy Data

Connect exerspy

Before uploading, connect the exerspy device to your computer via USB cable.



**1** Please attach your exerspy unit to an USB port on your computer



**2** Please attach your exerspy armband to a USB port on your computer

- Show me today's progress on my summary page (recommended)
- Show me my exerspy data page

**3** After uploading is complete, click one of the options above

**Note:** Never connect the exerspy armband to the USB cable while wearing the armband.  
**Reminder:** exerspy device should be worn on the left arm.

# CONNECT EXERSPY



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September 2009

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36	30	31	1	2	3	4	5
37	6	7	8	9	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30	1	2	3
41	4	5	6	7	8	9	10

Expected Burn:

1707 Cal

-0.07 lb(s)

1469 Cal

1020

Log Food

0

You'll see your updated calorie burn total next to the exerspy icon on the bar graph. Be sure to log food to compare your calorie intake to your burn.

Log Food



Connect exerspy



Feedback

We'll prompt you to enter your weight every 7 days and you'll get tips and guidance to stay



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# COMPARE CALORIES IN VS. CALORIES OUT



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38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30	1	2	3
41	4	5	6	7	8	9	10

Expected Burn: 1707 Cal

-0.07 lb(s)

1469 Cal

1020

868

Log Food

Connect exerspy

Log Food

Feedback

We'll prompt you to enter your weight every 7 days and you'll get tips and guidance to stay

Once you log food, you'll see your calorie intake compared to your calorie burn. For weight loss, simply keep your intake below your burn. Click the exerspy icon to see your detailed data.

# EXERSPY DATA



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All exerspy data is displayed within your Activity Tracker. Click each button to see the details.

My Activity Tracker

exerspy Data

exerspy Targets & Settings

Step Tracker

## exerspy Data

Connect exerspy



Before uploading, be sure your exerspy armband is connected to your computer via USB cable.



### Date Range

Select Date Range ▾

Start Date: 9/13/2009



End Date: 9/13/2009



Refresh Data

My Calories Burned ▾

Target

1722 Calories

Actual

623 Calories



Physical Activity ▾

Target

00:30 HRS:MINS

Actual

00:07 HRS:MINS



Sleep Time ▾

Target

07:00 HRS:MINS

Actual

05:22 HRS:MINS



Number of Steps ▾

Target

10000 Steps

Actual

405 Steps



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# CALORIES BURNED PER HOUR GRAPH



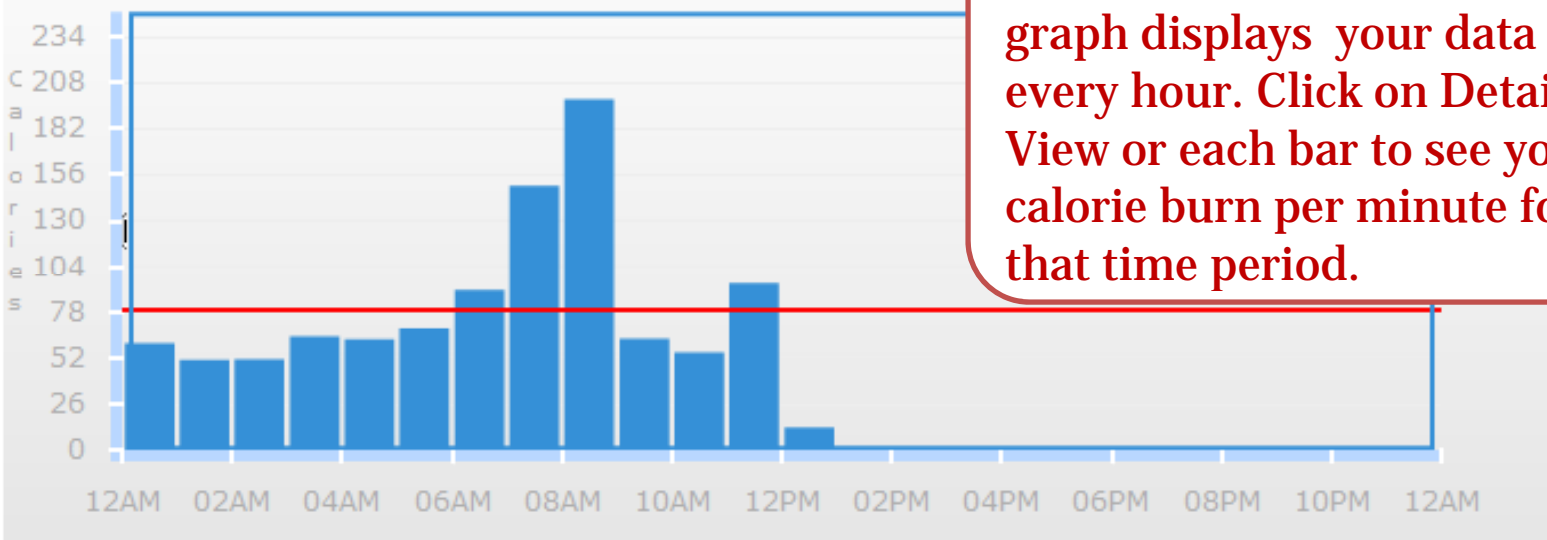
## Date Range

Select Date Range ▼ Start Date: 9/22/2009 End Date: 9/22/2009 Refresh Data

My Calories Burned ▲ Target 1707 Calories Actual 1020 Calories

Calories Burned Per Hour Version 18.0... See Detailed View Reset slider

From: 09/22 12:00 AM to: 09/23 12:00 AM CALORIES BURNED



The Calories Burned Per Hour graph displays your data for every hour. Click on Detailed View or each bar to see your calorie burn per minute for that time period.

# CALORIES BURNED PER MINUTE GRAPH



## Date Range

Select Date Range ▾

Start Date: 9/11/2009

End Date: 9/11/2009

Refresh Data

My Calories Burned ▲

Target  
**1722** Calories

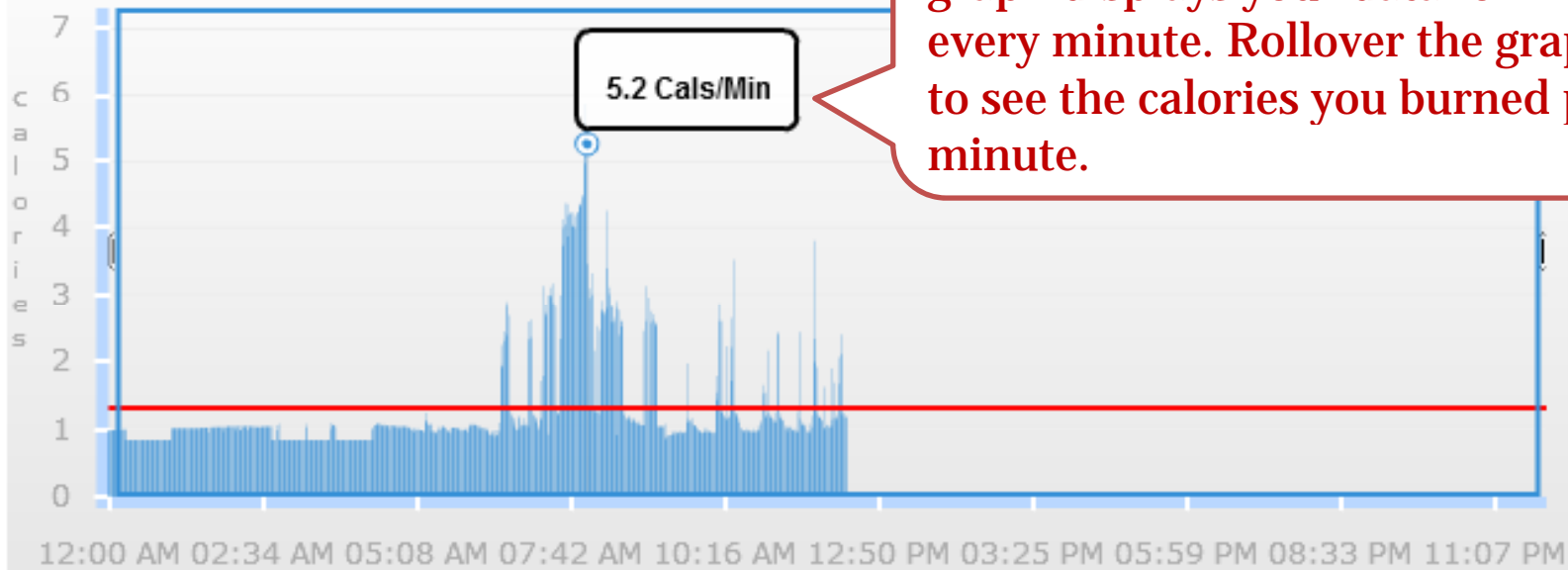
Actual  
**979** Calories



## Calories Burned Per Minute

Version 11.09.2009.1

From: 09/11 12:00 AM to: 09/11 11:59 PM CALORI



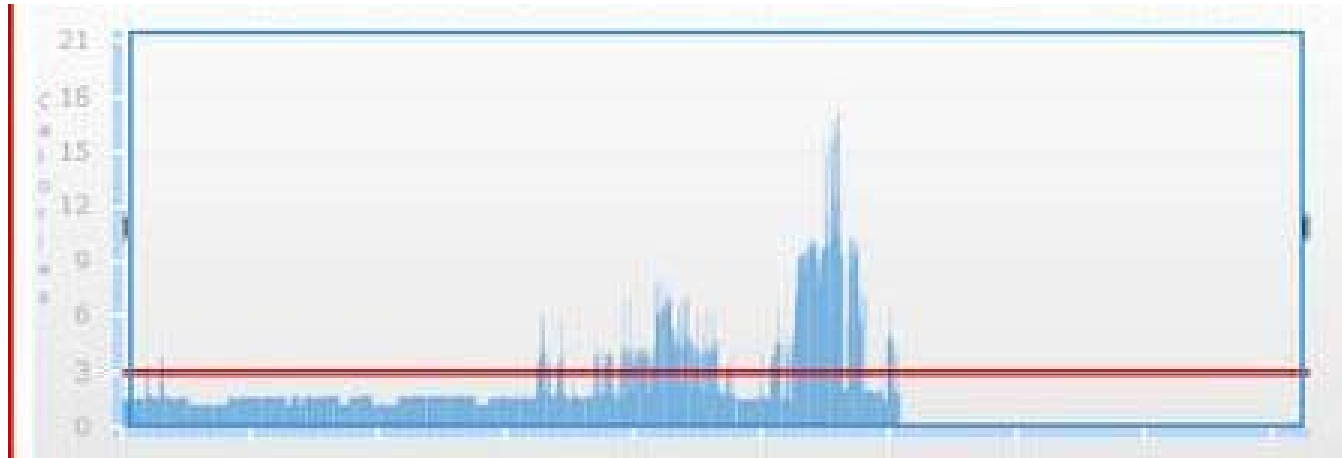
The Calories Burned Per Minute graph displays your data for every minute. Rollover the graph to see the calories you burned per minute.



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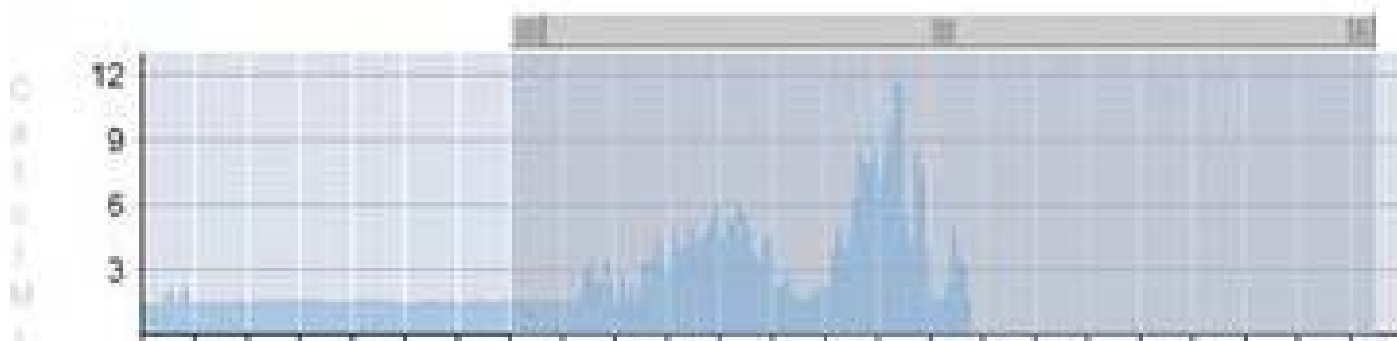
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# CALORIE BURN GRAPH COMPARISON



Calories Burned > Today > Sun, Sep 13

[Edit Activity Log](#)



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# AVERAGE MET LEVELS



## Date Range

Select Date Range ▾

Start Date: 9/11/2009



End Date: 9/11/2009



Refresh Data

My Calories Burned ▲

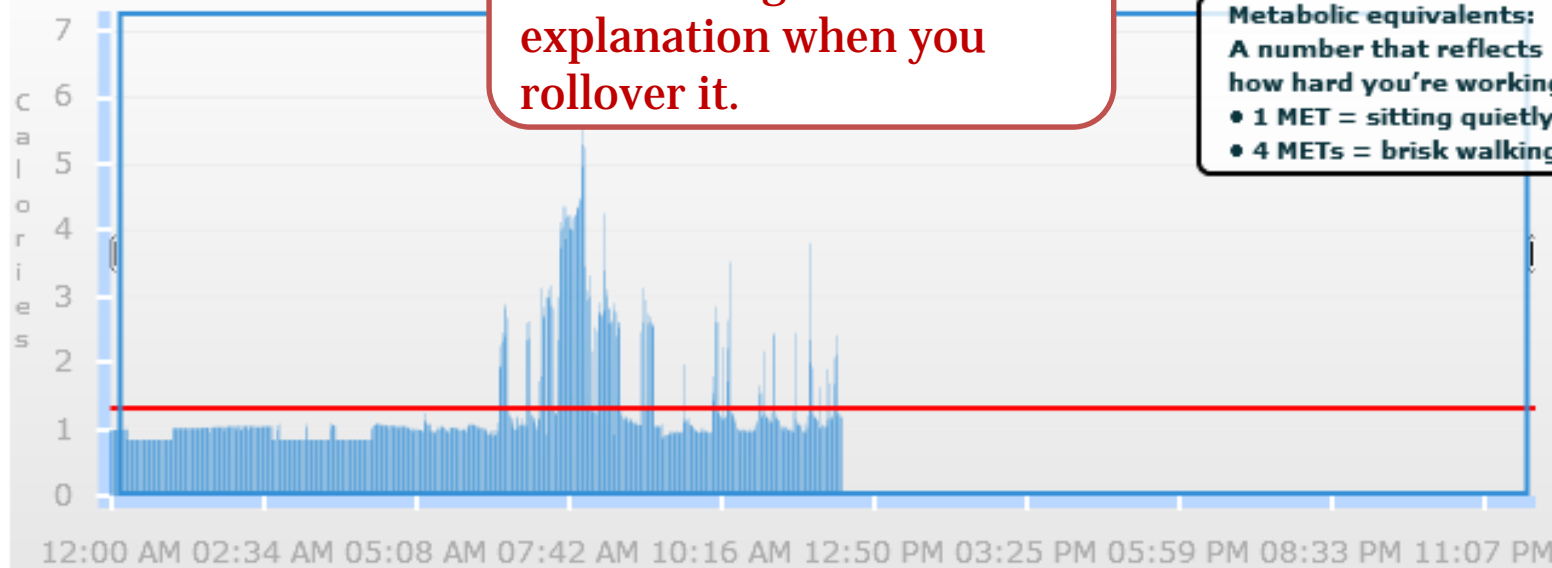
Target  
**1722** Calories

Actual  
**979** Calories



## Calories Burned Per Minute

From: 09/11 12:00 AM to:



Your average MET level is shown along with an explanation when you rollover it.

AVG. METS 1.3

Metabolic equivalents:  
A number that reflects how hard you're working.

- 1 MET = sitting quietly
- 4 METs = brisk walking



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# CALORIE BURN PER MINUTE – 1 HOUR VIEW



## Date Range

Select Date Range ▾

Start Date:

9/22/2009



End Date:

9/22/2009



Refresh

Data

My Calories Burned ▲

Target  
**1707** Calories

Actual  
**1020** Calories



## Calories Burned Per Minute

Version 18.0...

Back

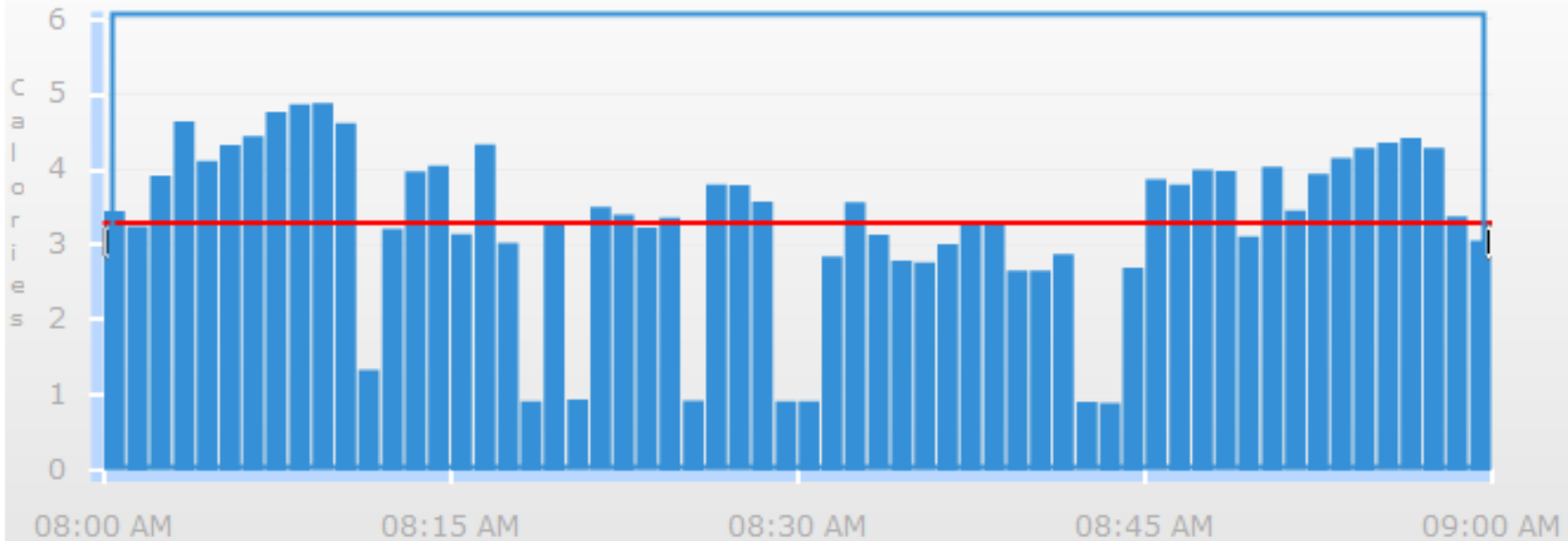
Reset slider

From: 09/22 08:00 AM

to: 09/22 09:00 AM

CALORIES BURNED 198

AVG. METS 3.4



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# CALORIE BURN SLIDER



## Date Range

Select Date Range ▾

Start Date:

9/11/2009



End Date:

9/11/2009



Refresh Data

My Calories Burned ▲

Target

1722 Calories

Actual

979 Calories



## Calories Burned Per Minute

Version 11.09.2009.17.00.

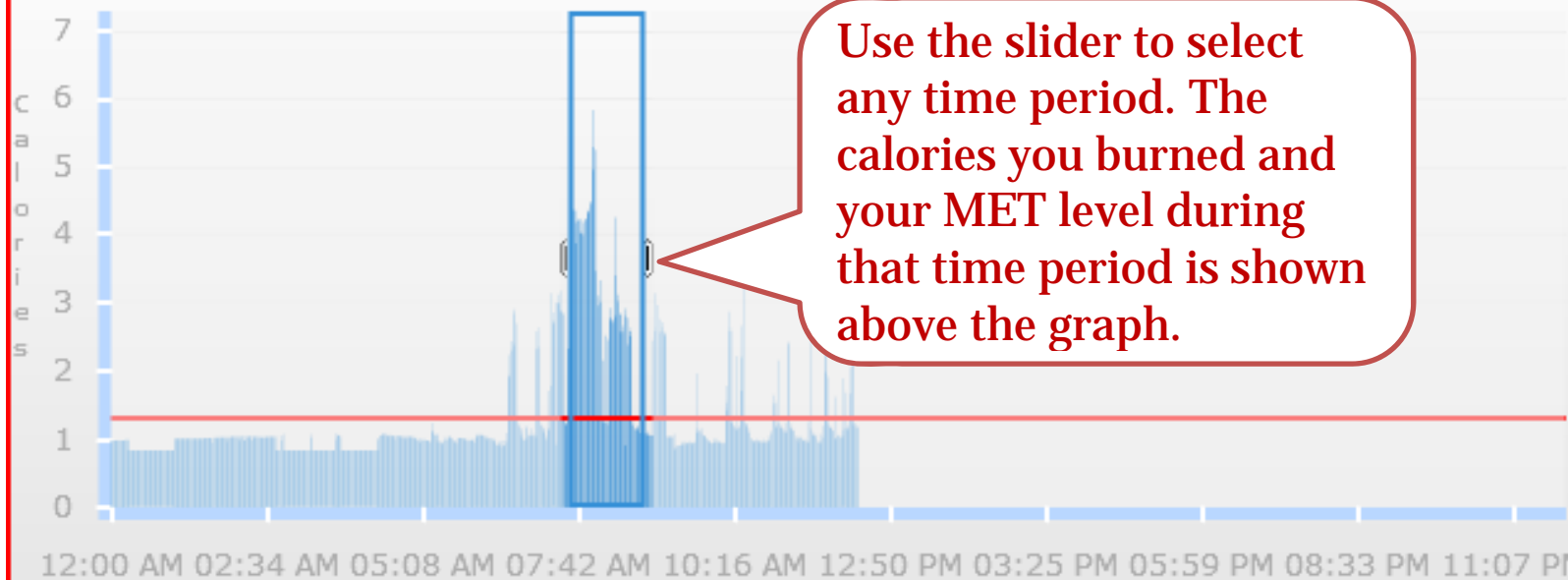
Reset slider

From: 09/11 07:25 AM

to: 09/11 08:55 AM

CALORIES BURNED 244

AVG. METS 2.67



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# EDIT OFF-BODY FUNCTION



**dotFIT** Summary Activity Tracker Nutri

My Activity Tracker

- exerspy Data
- exerspy Targets & Settings
- Step Tracker

**exerspy Data**

Connect exerspy

Date Range: Last 7 days

Edit Off-body Data

My Calories Burned

Target: 1722 Calories | Average per day: 845 Calories

Version 11.09.2009.17.00.

09/06 12:00 AM to: 09/12 11:59 PM | CALORIES BURNED 4170 | AVG. METS 1.2

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dotFIT Edit Off-body Data - Mozilla Firefox

http://devtest.dotfit.com/program/offbody.aspx?startdate=2009-09-06T07%3a00%3a00&enddate=20

Date: 9/6/2009 - 9/13/2009 Duration: 08:00:00

Off-body Period: 9/9/2009 3:00 PM - 9/9/2009 11:00 PM

Assume:

- I was not active during this time
- I was not active during this time
- I burned the same as...
- I was not active, except for the following...

Save Close

The Edit Off-Body function allows you to choose the activities you performed when you didn't wear the exerspy. Your resting calorie burn is filled in if you don't edit it.

# PHYSICAL ACTIVITY



Physical Activity ▲

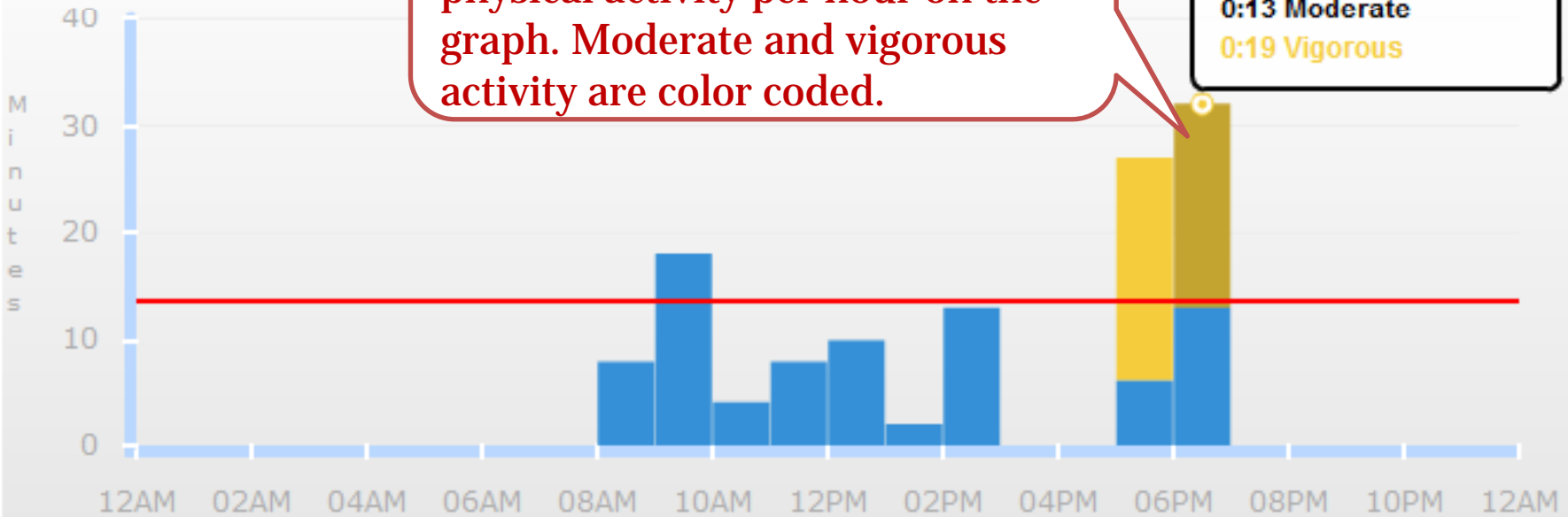
Target  
**00:30** HRS:MINS

Actual  
**02:02** HRS:MINS



## Physical activity

From: 09/12 12:00 AM to 09/12 12:00 AM



Your total physical activity time is shown along with minutes of physical activity per hour on the graph. Moderate and vigorous activity are color coded.

00.  
**0:32 Total (Hrs:Minutes)**  
**0:13 Moderate**  
**0:19 Vigorous**



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# SLEEP TIME



Sleep Time ▲

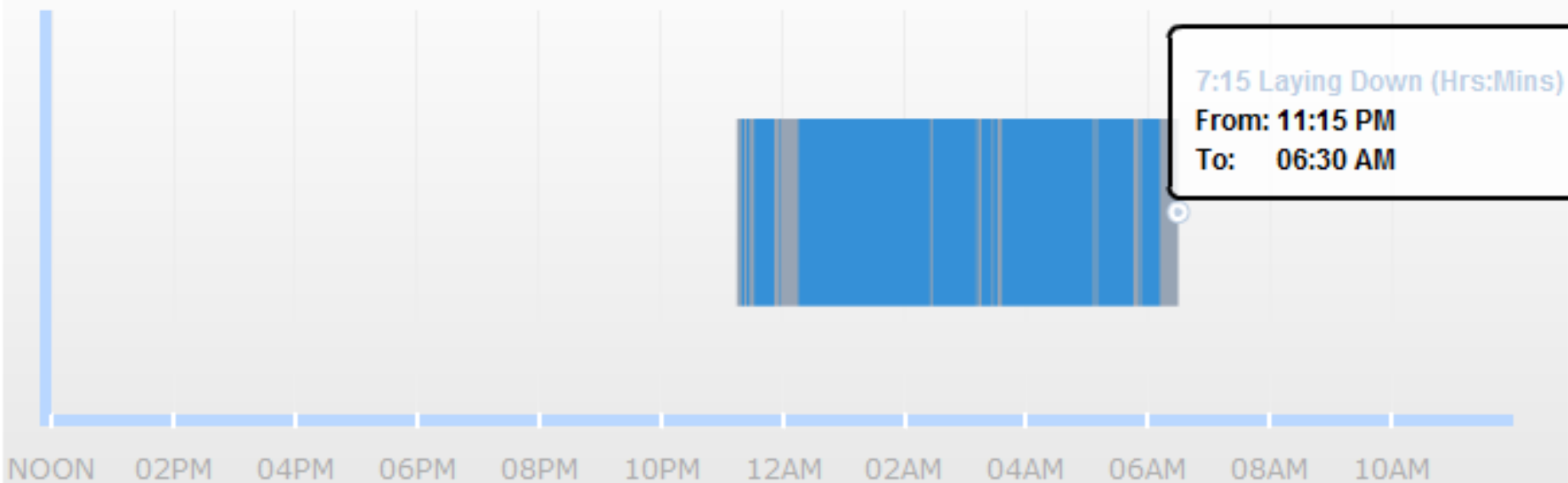
Target **07:00** HRS:MINS Actual **06:13** HRS:MINS

Total sleep time and sleep efficiency is displayed.

## Sleep time

Version 14.09.2009.17.30.

From: 09/14 12:00 PM to: 09/15 11:59 AM Sleep Efficiency: 85.75%



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# STEPS



Number of Steps ▲

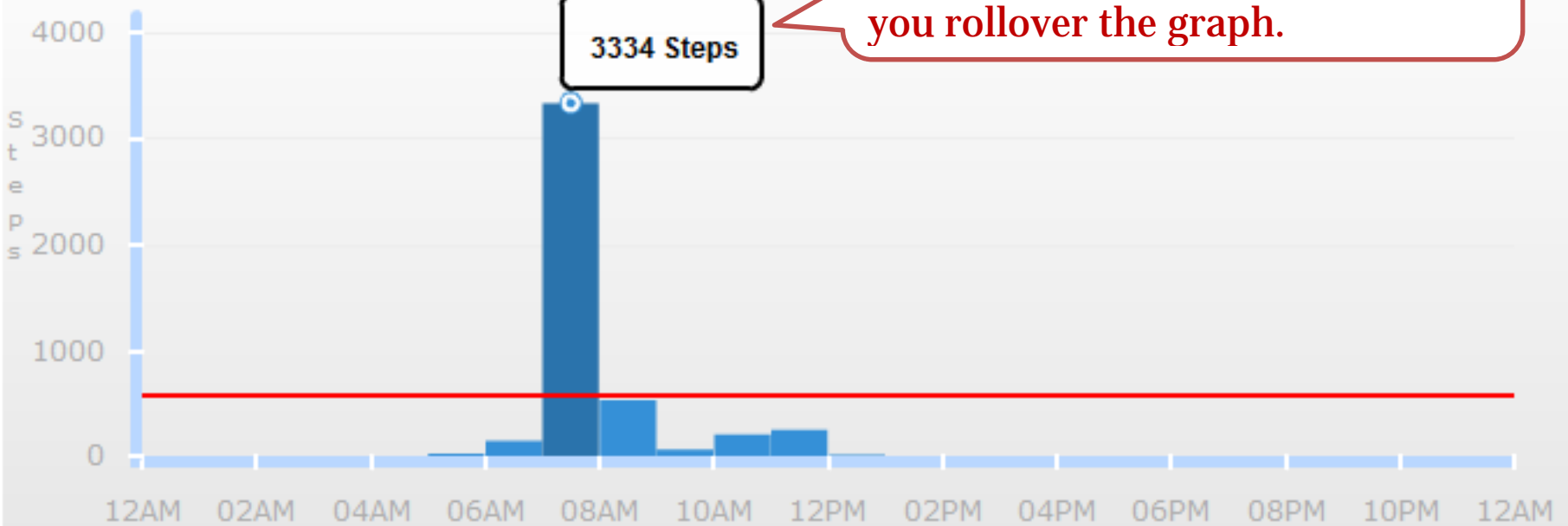
Target  
**10000** Steps

Actual  
**4565** Steps



## Number of steps

From: 09/11 12:00 AM to: 09/11 11:59 PM



Total steps taken is displayed and steps taken per hour are shown as you rollover the graph.



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# DATE RANGE SELECTIONS



exerspy Data



Connect exerspy

You can see your data for the last 7, 14 or 30 days using the Date Range drop down menu. You can also enter the desired date range using the calendars.

Date Range

- Select Date Range
- Select Date Range
- Today
- Yesterday
- Last 7 days
- Last 14 days
- Last 30 days

Start Date: 9/11/2009

End Date: 9/11/2009

Refresh Data

Category	Target	Actual	Progress
Calories	1722	979	Progress bar (approx. 57%)
Physical Activity	00:30 HRS:MINS	00:46 HRS:MINS	Progress bar (approx. 153%)
Sleep Time	07:00 HRS:MINS	05:22 HRS:MINS	Progress bar (approx. 77%)
Number of Steps	10000	4565	Progress bar (approx. 46%)



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# MULTIPLE DAY VIEWS



7, 14, 30 day views display your daily average, total for that time period, and your daily totals as you rollover the graph

## Date Range

Last 7 days

Start Date: 9/25/2009 End

Edit Off-body Data

My Calories Burned

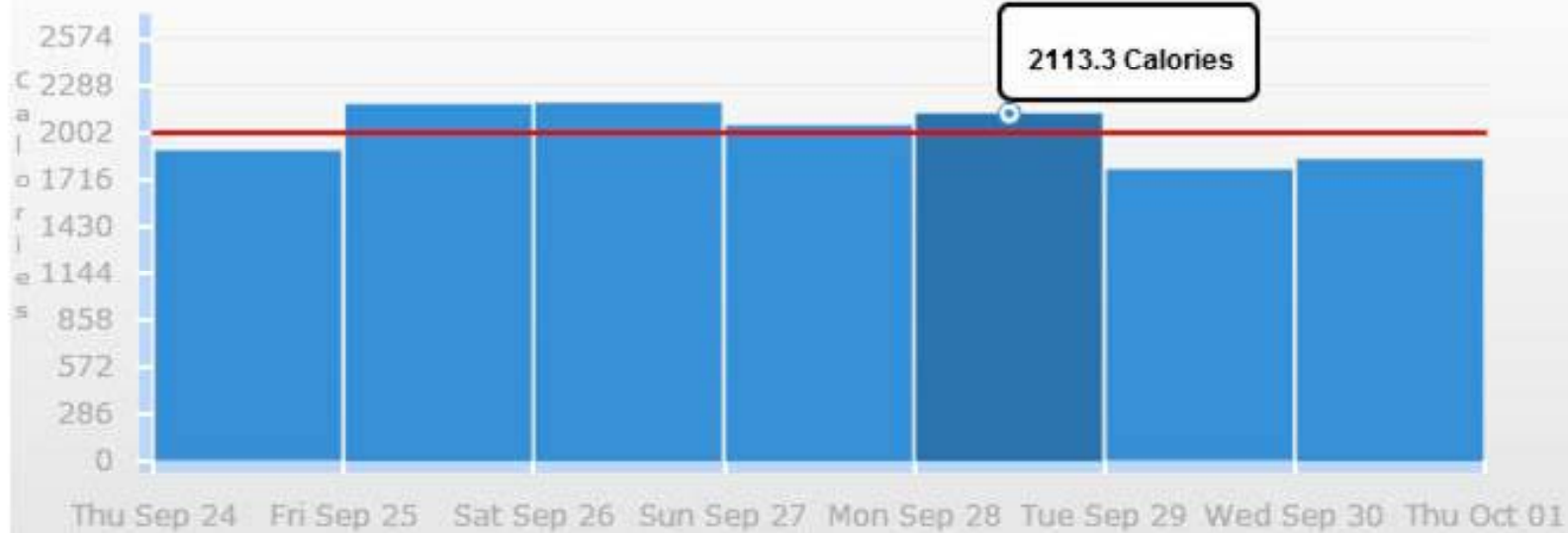
Target  
1721 Calories

Average per day  
2000 Calories



## Average Calories Burned Per Day

From: 09/25 12:00 AM to: 10/01 11:59 PM CALORIES BURNED 14000



# TARGETS AND SETTINGS



Summary

Activity Tracker

Nutrition

Supplement

My Activity Tracker

exerspy Data

exerspy Targets & Settings

Step Tracker

## exerspy Targets & Settings

### Daily Goals:

Calories Burned

calories per day

To change your calorie burn target, you need to [create a new program](#)

Physical Activity

minutes of moderate exercise activity per day

minutes of vigorous exercise activity per day

Sleep Time

minutes per day (Example: 6.5hrs = 6hrs x 60min + 30min = 390min)

Number of Steps

steps per day

Submit

Set goals for your Physical Activity, Sleep Time, and Number of Steps.

**Note:** Your Calorie Burn target is determined by your answers to the Program Questionnaires.

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This site is optimized for viewing with Microsoft IE 7.0, and has enhanced support for Mozilla Firefox.



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# STEP TRACKER



Summary

Activity Tracker

Nutrition

Supplements

Exercise Programs

Learn

My Info

## My Activity Tracker

exerspy Data

exerspy Targets & Settings

Step Tracker

## Step Tracker

Note: Entering your daily steps will not change your daily calories burned. This tool is for users who wear a pedometer.

Those who wear a pedometer can track their steps and see daily averages.

NOTE: this does not change your daily calories burned.

### Add Steps

Date:

Steps

Add

### Step Log

View date range

Begin:

End:

Submit

12,420 Average Steps Per Day

Date	Steps	Edit	Delete
09/11/2009	10891	Edit Entry	
09/10/2009	12454	Edit Entry	
09/09/2009	14333	Edit Entry	
09/08/2009	15766	Edit Entry	
09/07/2009	12319	Edit Entry	
09/06/2009	10255	Edit Entry	
09/05/2009	10923	Edit Entry	



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- **Contests**
  - ✓ Team or Individual Challenges
  - ✓ Calories Burned (per day, per week, biggest improvement, etc.)
  - ✓ Steps Taken
  - ✓ Minutes of Physical Activity
- **Weight Loss Challenges**
  - ✓ Make the exerspy mandatory for all participants
  - ✓ Boot Camps
- **Lead by Example**
  - ✓ Use your own program to show others how it can impact them

THERE FOR YOU WHEN YOU NEED US.



- Phone and live support hours and point of contact for consumers, fit-pros and other staff:
  - ✓ 877-436-8348 (877-4dotFIT)
  - ✓ Available 7:00 am – 6:00 pm PT
  - ✓ [support@dotFIT.com](mailto:support@dotFIT.com)
- Live installs and in club support:
  - ✓ [clubtools@dotFIT.com](mailto:clubtools@dotFIT.com)
- Ask The Experts: [experts@dotFIT.com](mailto:experts@dotFIT.com)



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Thank you!



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GOT QUESTIONS? WE GOT ANSWERS.



# Q&A



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