HOW TO CHECK YOUR ACTIVITY RESULTS

**Main view**
- Activity monitor’s identifier
- Time of day
- Activity figure & activity bar
- Active time

**Step 1**
Press to enter the menu.

**Menu view**
- Activity bar

**Step 2**
Press to enter the Diary.

**Diary’s weekly view**
- The selected date
- Days in the Diary
- Cursor
- Active time on the selected day

**Step 3**
Press to open the selected day.

**Diary view**
- Press once to return to the previous view.
- Press & hold to return to the main view.
- Press to scroll through your activity results.

**Buttons**
- VERY EASY
- STEPS
- CALORIES
- FEEDBACK
- VIGOROUS