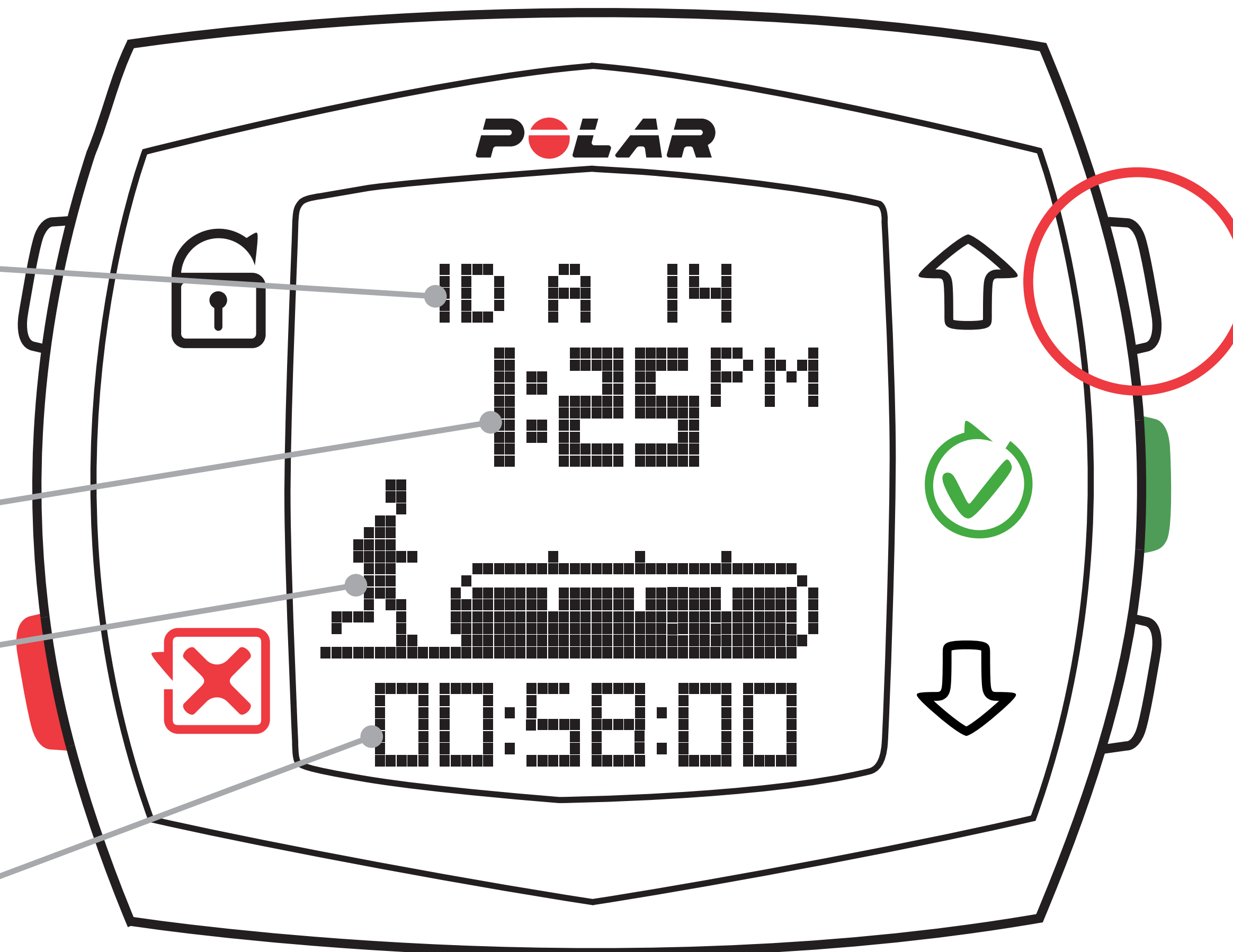


# HOW TO CHECK YOUR ACTIVITY RESULTS

## Main view

- Activity monitor's identifier
- Time of day
- Activity figure & activity bar
- Active time

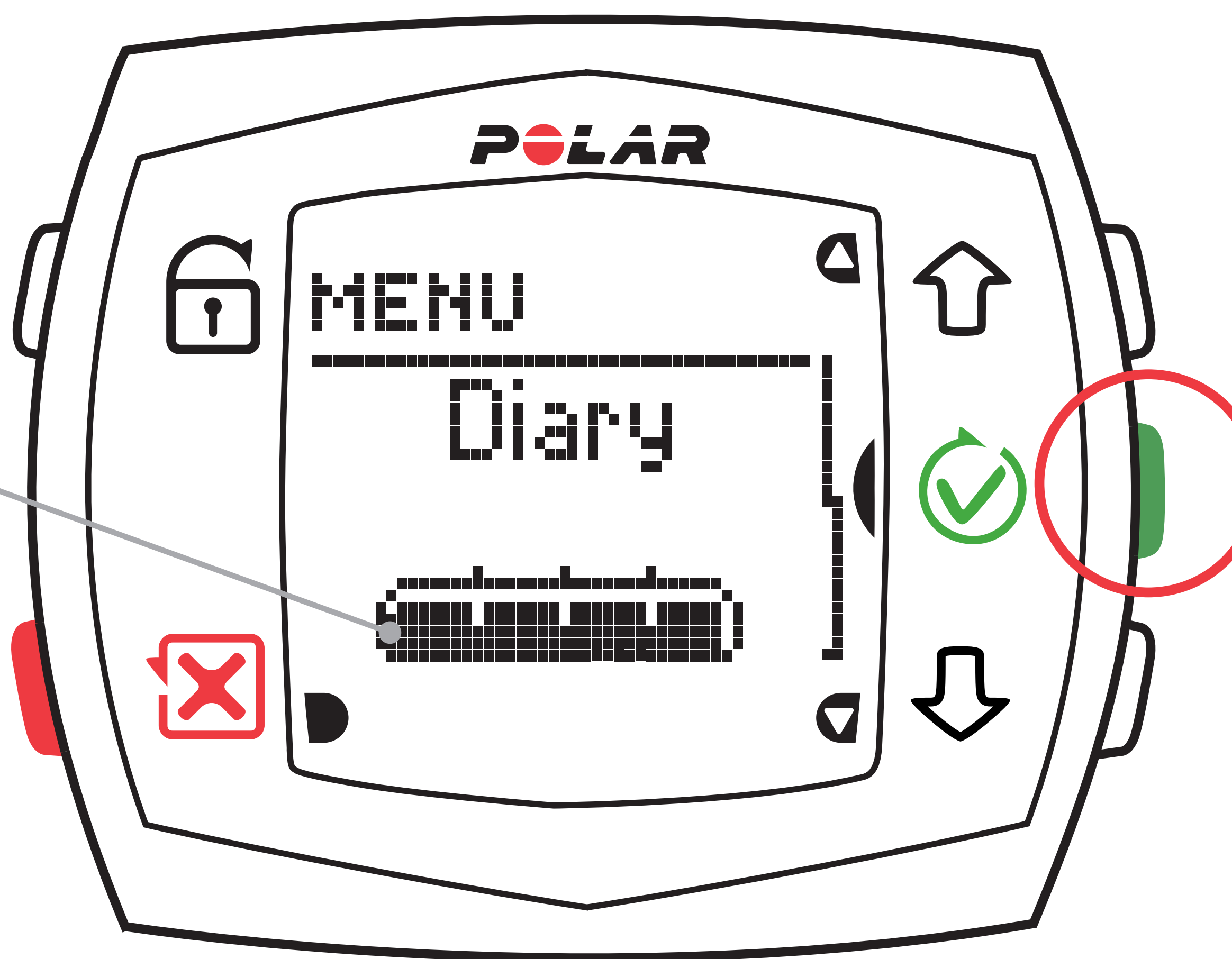


## Step 1

Press to enter the menu.

## Menu view

- Activity bar

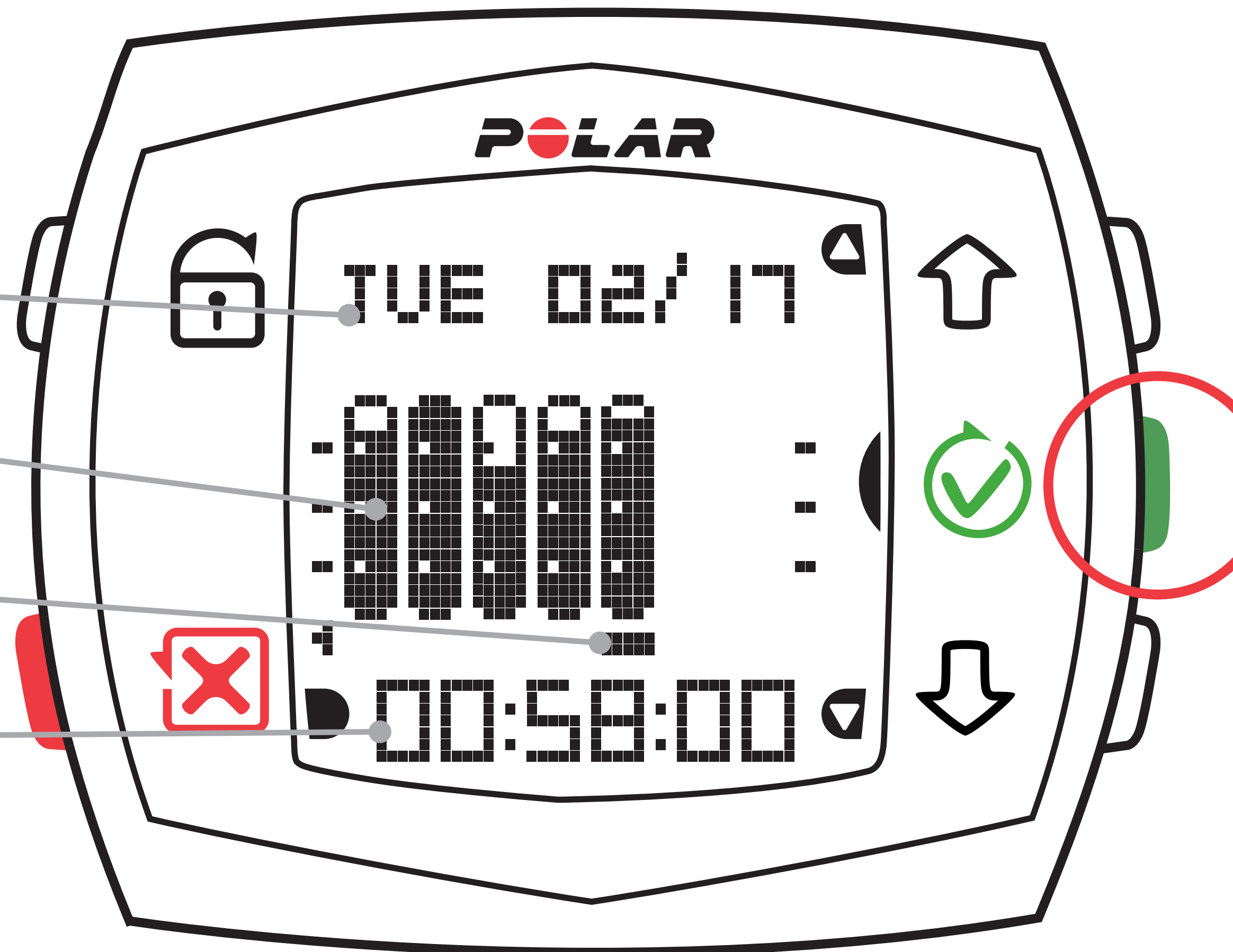


## Step 2

Press to enter the Diary.

## Diary's weekly view

- The selected date
- Days in the Diary
- Cursor
- Active time on the selected day

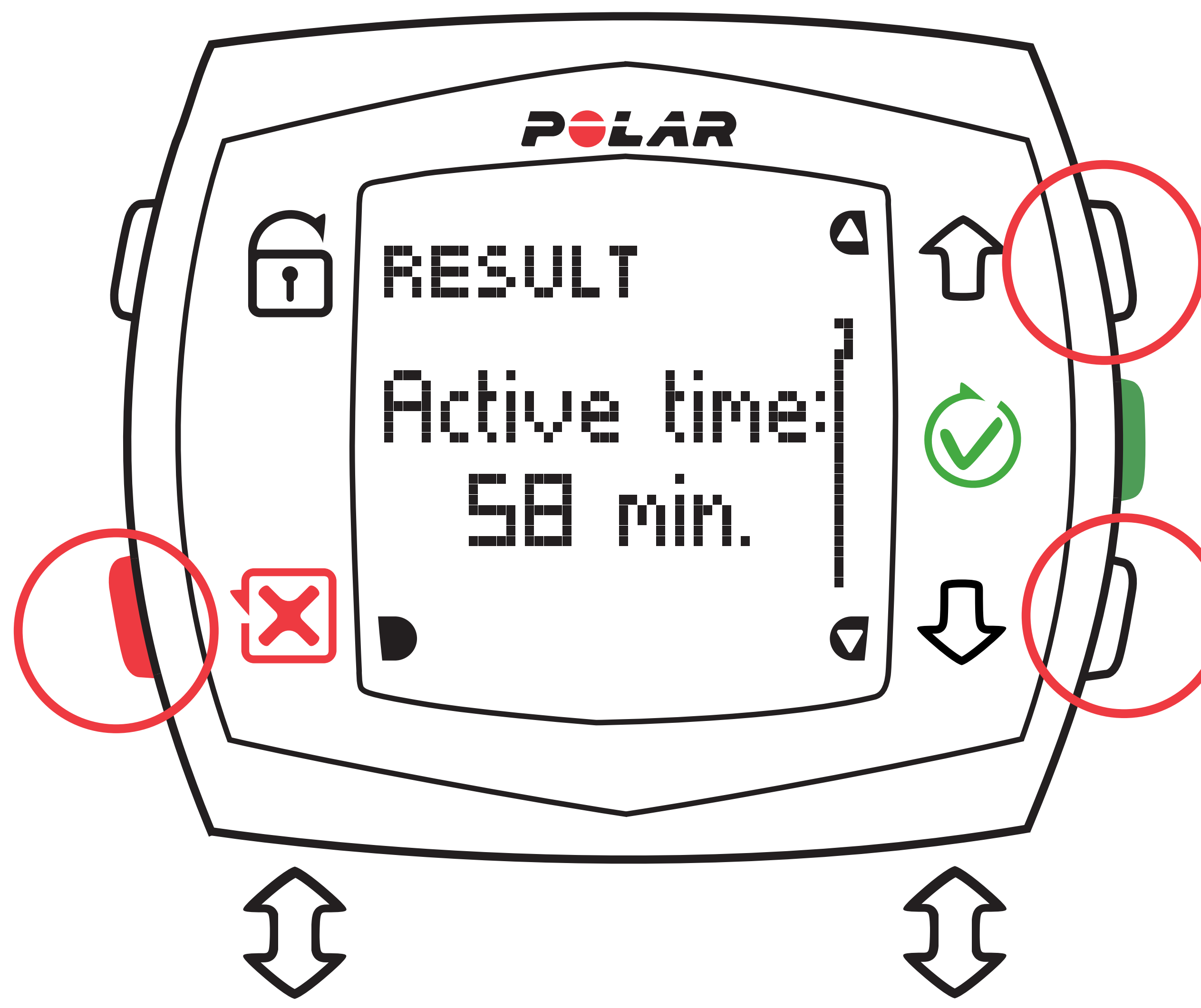


## Step 3

Press to open the selected day.

## Diary view

- Press once to return to the previous view.
- Press & hold to return to the main view.



## Step 4

Press to scroll through your activity results.

