



healthieryouvaldez.com Tutorials

How to Log Activity Points

We hope these images will help guide you as you log in your activities, HYSAs, and weekly challenges! Let us know if you have further questions or troubles by emailing us at info@healthieryouvaldez.com or calling us at 835-5033.

1. Go to www.healthieryouvaldez.com, enter in your username and password, which you created online when you created your profile. Then hit "Login". (I used my Username for this screenshot, fyi.)



- You will see the Welcome screen —it will have your name and email at the top. Click on the “Activities History” tab.

Name: Sarah Jorgenson Email: xsjorgenson

Valdez Parks & Recreation
HEALTHIER YOU

Welcome | User Info | **Activities History** | Weigh-in History | Tobacco Free Days | Goals | Teams | Leader Board | Leader Board Weekly

Welcome Sarah

Your username is xsjorgenson
Team Name: Not on a Team

- You have earned 0 total points.
- You have earned 0 activity points.
- You have earned 0 weight loss points.

On your way to a Healthier You.

2015 Healthier You

Saturday, January 24
2PM-5PM
Civic Center Ballroom
Free Registration & Pr...

- Click the “New” button, a new line will appear with 3 drop-down boxes, use the boxes to select your activity, a HYSA, or a Weekly challenge, then select the duration-also in drop-down form. For HYSA’s and Weekly Challenges select “HY Sponsored Activity” or “Weekly Challenge” in the duration box.

Welcome | User Info | **Activities History** | Weigh-in History | Tobacco Free Days | G...

New Save

Activity Date	Activity	Duration	Points Per Activity	Di...
01/23/2015	01 Week: Stay Hydrated	Weekly Challeng	5	
01/23/2015	Elliptical	1 Hour	1	
01/26/2015				

- Hit "Enter" after selecting the date, activity, and duration. It will fill in the rest of the fields automatically.

Activity Date	Activity	Duration	Points P
01/23/2015	01 Week: Stay Hydrated	Weekly Challenge	
01/23/2015	Elliptical	1 Hour	
01/26/2015	Snowshoeing	40 Minutes	

- You can repeat steps 3 & 4 to enter in more activities.
- Once you are done selecting new activities and durations, simply click the "Save" button to save all new activities. You may then go to another tab or log out.

Activity Date	Activity	Duration	Points Per Activity	Duration Per Point	Activity Points
01/23/2015	01 Week: Stay Hydrated	HY Activity	5	0	5
01/23/2015	Elliptical	1 Hour	1	20	3
01/26/2015	Snowshoeing	40 Minutes	1	20	2