

Logging minutes for Minutes in Motion

1. Go to: www.gundersenhealth.org/mim
2. Choose "Submit Minutes: Community Members" OR "Submit Minutes: GHS Employees"
3. Log into the wellness portal. If you cannot remember your user name click on "Forgot User Name" OR if you cannot remember your password click on "Forgot Password?"
4. Once logged into the Wellness Portal, click on My Challenges and Minutes in Motion to view the page below.
5. Next, click on Activity Tracker.

WELLNESS PORTAL
GUNDERSEN HEALTH SYSTEM

My Dashboard
Available Challenges 1 >
My Challenges 1
Minutes In Motion
Activity Tracker 0
PHA 0
MyHealth Screening 0 >
Activity Intensity PDF
Pedometer Conv PDF

MINUTES IN MOTION 2018

Track and record your minutes of physical activity - at least 30 minutes every day for six weeks. All activity counts as "Minutes in Motion," so do something you enjoy! Play with your kids, work in your garden or take your dog for a walk. You don't have to have the most minutes to win prizes.

Instructions:

1. Challenge runs from April 1 to May 12.
2. Use Activity Tracker to enter your minutes.
3. **So many chances to win:**
 - o For every 1,000 people who register, we will do a drawing for a \$50 gift card.
 - o Meet the minimum goal of 210 minutes each week. **Record your minutes by midnight on Sunday to be entered to win one of two \$50 gift cards each week!**
 - o If we meet our collective goal of 8 million minutes, all participants who have met their goal each week will be entered into a drawing for a \$100 gift card.
 - o If you meet the goal of at least 1,260 total minutes by the end of the challenge your name will be entered into the grand prize drawing of a \$500 gift card sponsored by Ho-Chunk Nation.

Have fun - get moving - win prizes!

You have registered to participate in Minutes In Motion 2018.

You joined as an Individual.

Click Activity Tracker to record

Join a team

6. Select your activity from the list below. Select other if you don't want to list specific activities.

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ACTIVITY TRACKER

Start picking your favorite activities and recording your minutes. Click on the activity to begin.

Goal Tracker	Activities
	Other (moderate)
	Other Vigorous
	Aerobic dance class; clogging or Zumba Vigorous
	Biking fast or on steep terrain Vigorous
	Biking on level ground
	Canoeing/kayaking
	Cardio equipment at a moderate effort
	Cardio equipment vigorous pace Vigorous
	Circuit Training or Crossfit Vigorous
	Cross country skiing/snowshoeing Vigorous
	Dancing
	Downhill ski racing, sledding Vigorous

7. After selecting an activity this calendar come up on your screen. To log minutes click on a day.

Log Other Moderate

My personal goal for Other (moderate): minutes per day week month Goal Tracker: OFF

*Click on the calendar date to enter minutes.

< > today April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	

8. After clicking on a day, this box will come up on your screen. Enter the number of minutes you completed and click accept. Once you are done, click close at the bottom of the calendar and your minutes are reported.

Log Other M Enter Minute Value

My personal goal for minutes per day week month Goal Tracker: OFF

Keep value? (until calendar is closed)

< > today April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	

Total minutes (2018-04): 0