

How to Use FitUP – Logging Your Activity

FitUP 2008 is an 8-month fitness/nutrition incentive program designed to motivate you to improve your health status. The goal of this program is to increase fitness and nutrition levels of Upper Peninsula residents.

FitUP helps you keep track of your healthy lifestyle. This is accomplished by logging your activities on an electronic log sheet at the FitUP website. A paper log sheet is also available for keeping track of your activities when a computer (connected to the Internet) is not available. The paper log is a convenient way to record your activities, putting them on the Internet log sheet when it's convenient.

Here's how to use the log sheet:






The log sheet, both paper and electronic, allows you to log your physical activity, fruit and vegetable intake, no smoking credits, health club visit credits and community events credits. There is one log sheet for each stage of the FitUP 2008 promotion, each stage representing eight weeks. Remember there are four stages total.

- ***How to Log Your Time:*** Every time you exercise, record the time in minutes on your log sheet. Count one point per each minute of activity. Qualifying activities include walking, running, cycling, rowing, stair climbing, swimming, skating, aerobics on cardio equipment, or strength training, any moderate or vigorous continuous activity.
- ***How to Log Your Fruit/Vegetable Intake:*** Count one point per fruit or vegetable serving. Reference the attached **Serving Size Guide** to determine what a serving is.
- ***Bonus Points Can be Earned Each Week For:***
 - ✓ **Not Smoking:** If you are a smoker and have not smoked at all during the week, check the **“no smoke”** checkbox. This is the **“Bonus A”** box on the paper log sheet. It is represented by a **“no smoking”** icon on the electronic log sheet (see **Log Sheet Icons Description** below). Earn a 30 minute bonus for each week that you continue to not smoke. Only current smokers qualify.
 - ✓ **Health Club Participation:** If you join a health club and make at least 2 visits a week, check the **“health club”** checkbox. This is the **“Bonus B”** box on the paper log sheet. It is represented by a **“health club”** icon on the electronic log sheet (see **Log Sheet Icons Description** below). Earn a 30 minutes per week bonus for this item.
 - ✓ **Participate in Community Event:** If you participate in an approved community event check the **“community event”** checkbox. This is the **“Bonus C”** box on the paper log sheet. It is represented by a **“community event”** icon on the electronic log sheet (see **Log Sheet Icons Description** below). Earn 50 points per community event (maximum one event bonus per week).

How to Use FitUP – Logging Your Activity

- Remember:** To be eligible for the weekly prize drawing, you must earn at least 200 points – a minimum of 150 activity points and 25 fruit/vegetable points. To get the required 200 points to qualify you may either get additional physical activity, eat additional fruits/vegetables or earn bonus points. Also, earning more points than the minimum in a week does not provide you with more of a chance to win prizes over people who have at least the minimum. The whole point of this program is to get people to do at least the minimum amount of activity/nutrition to help gain/maintain good health.

Log Sheet Icons Description

	Every time you exercise, record the time in minutes on your log sheet. Count one point per each minute of activity. Qualifying activities include walking, running, cycling, rowing, stair climbing, swimming, skating, aerobics on cardio equipment, or strength training, any moderate or vigorous continuous activity.
	Count one point per fruit or vegetable serving. Reference the attached Serving Size Guide to determine what a serving is.
	If you smoke and have not smoked at all during the week, check the “no smoke” checkbox. This is the “Bonus A” box on the paper log sheet. It is represented by a “no smoking” icon on the electronic log sheet (see Log Sheet Icons Description below). Earn a 30 minute bonus for each week that you continue to not smoke. Only current smokers qualify.
	If you join a health club and make at least 2 visits a week, check the “health club” checkbox. This is the “Bonus B” box on the paper log sheet. It is represented by a “health club” icon on the electronic log sheet (see Log Sheet Icons Description below). Earn a 30 minutes per week bonus for this item.
	If you participate in an approved community event check the “community event” checkbox. This is the “Bonus C” box on the paper log sheet. It is represented by a “community event” icon on the electronic log sheet (see Log Sheet Icons Description below). Earn 50 points per community event (maximum one event bonus per week).

Closing Out a Stage (and Moving on to the Next Stage)

FitUP 2008 consists of 4 Stages. Activity is logged on the website “one Stage at a time”. As Week #8 of each of the four Stages comes up you will notice a new button showing up on the bottom of your FitUP Log Sheet. This button is labeled **“Close Stage”**. You will want to press this button only when you have finished entering your activity for week #8 of the current Stage.

Pressing the **“Close Stage”** button does a couple of things. First it closes out the current Stage; this means you will no longer be able to edit your current Stage time or view individual daily entries for the current Stage. However, a summary of all of your Stage activities will be available to you from the **“Activity Manager”** under the section **“User Account Activities”**. The other thing pressing this button does is to activate the next Stage log (unless you’re closing out the final stage, Stage #4).

So, before selecting the **“Close Stage”** button make sure you've entered all of your current Stage activity and pressed the **“Add My Activity”** button. Come back into your log sheet and press the **“Close Stage”** button. You will see a summary

How to Use FitUP – Logging Your Activity

screen of your current Stage times and the option to either go ahead and close the Stage or to cancel the action. Once you close the current Stage, the next time you come into your Activity Log Sheet you will see a clean log sheet for your next Stage activities.

Prize Drawings:

- **Weekly Prizes:** To be eligible for the weekly Prize drawing, you must earn at least 200 points – a minimum of 150 activity pts, 25 fruit/vegetable pts. Additional activity, fruit/vegetable or other bonus points to equal the 200 points are necessary to qualify. The prize will be 10 cents a point for the 200 points (\$20). There are Four weekly winners.
- **Stage Prizes:** Earn 1,600 pts or more to qualify for \$160 (10 cents a point). There will be two winners for each of the four stages.
- **Grand Prize:** Earn 6,400 points or more to qualify. All individuals who earn the minimum points will be entered into the drawing for \$640! Worksites who complete the “Designing Healthy Environments at Work” assessment tool by February 1, 2008 will enter a drawing for 6 “Get Moving UP” jackets!