While logged in online, click on "Add an Entry" and then "Convert an Activity".


You will see a dropdown where you can select the type of activity you would like to convert.


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Enter in the amount of time you did the activity and then click "Calculate". You will see how many steps this converts to. Click "Record Activity" when you're ready.

Convert an activity to steps


4410 converted steps
Record Activity

Sanity check: Steps are guesstimates based on average activities.
Please adjust if you feel you're being given too many steps. Do not count the steps your pedometer registers while entering these activities.

Click "Add Entry" to finalize your recording.


On your step graph, your converted activities will show as a different color than your regular recorded steps.


## Have questions or need assistance?

Look for the blue (3) Help button on the lower right-hand corner when you are logged into your program.

