

## My Pyramid Physical Activity Tracker Directions

Enter your daily physical activity to determine your caloric expenditure.

Directions:

- Click “New User Registration”
- Enter registration information
- Click “Proceed to Physical Activity”
- Choose either the standard or condensed option for entering your daily physical activity
- Enter the activity types that you have done throughout the day
- Click “Select” to determine which activity description best represents your type of physical activity and then click “Add Activity”
- Enter activities that you have performed, but are not on the list, in the search box below “All Activities”
- Type the activity in the box and click “Select” to determine which activity description best represents your physical activity and click “Add Activity”
- After you have completed selecting your activities click “Select Duration” and enter the duration of each activity
- Click “Save and Analyze”
- Click on the different results listed below

### Physical Activity Analysis

You will see:

- Your Physical Activity Results to include activity type description, category, and intensity for each activity
- Your Physical Activity Score (0-100)
- Your total calories expended

### Physical Activity Analysis

You will see:

- Graphs of Physical Activity scores and Total Calories Expended over time.
- Average Physical Activity scores and Total Calories Expended