

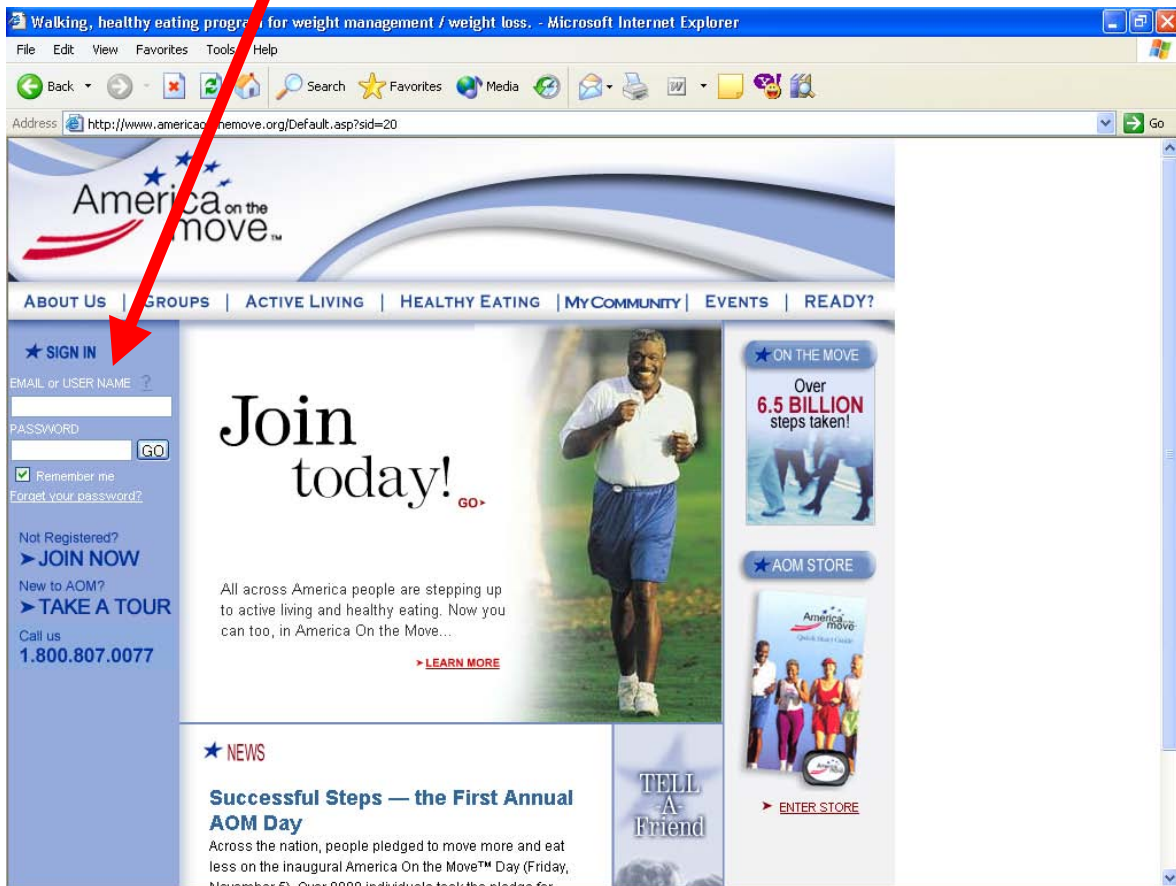
AMERICAONTHEMOVE.ORG

Record your progress daily within “My AOM,” a personalized page designed to track your accomplishments.

Step 1: Open Internet Explorer

Step 2: Type WWW.AMERICAONTHEMOVE.ORG in to the address line. Press ENTER.

Step 3: Enter your Email address and password. (check the “Remember Me” box to have your e-mail appear automatically upon return) Select “GO.”

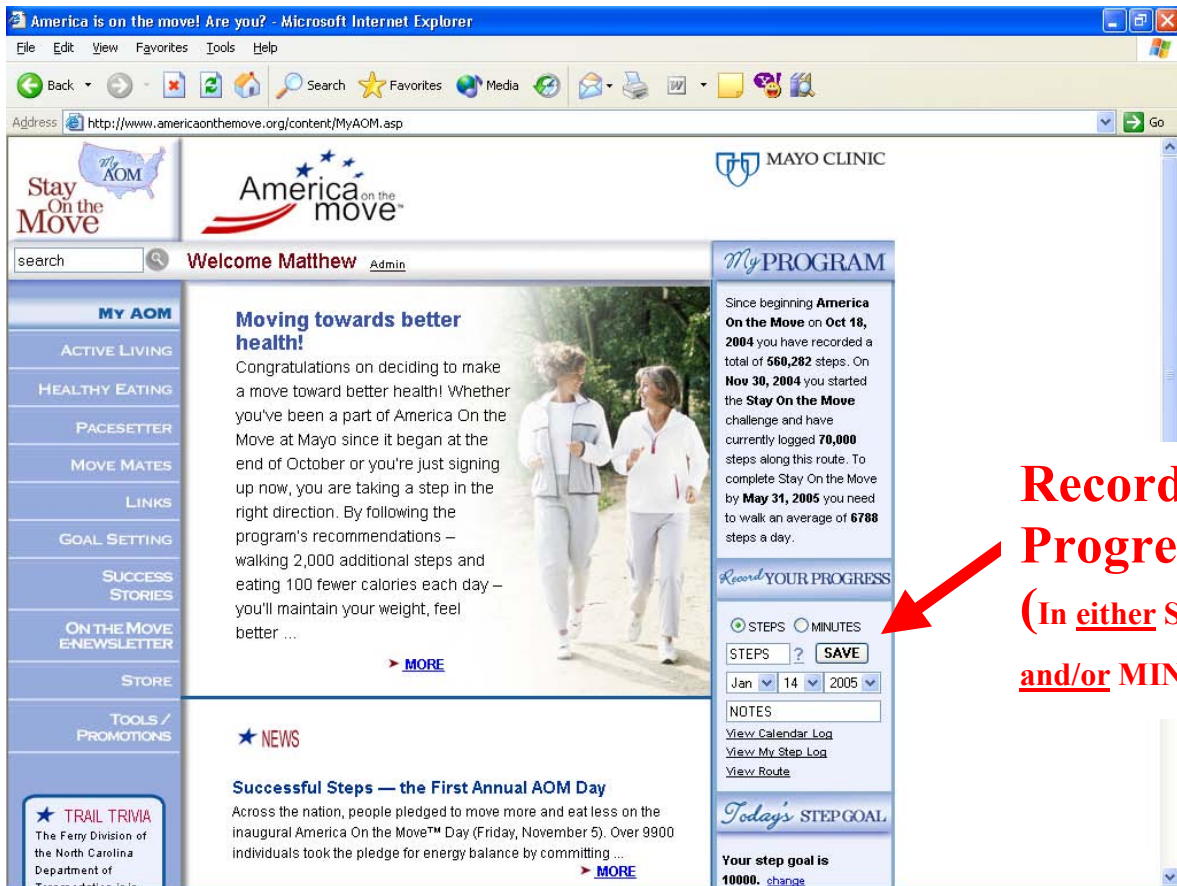


The screenshot shows the Microsoft Internet Explorer browser window displaying the America on the Move website. The address bar shows the URL: <http://www.americasonthefit.org/Default.asp?sid=20>. The website header features the "America on the move" logo and a navigation menu with links: ABOUT US, GROUPS, ACTIVE LIVING, HEALTHY EATING, MYCOMMUNITY, EVENTS, and READY?. A prominent "SIGN IN" button is located in the top left, with a red arrow pointing to it. Below the sign-in button are input fields for "EMAIL or USER NAME" and "PASSWORD", a "GO" button, and a checked "Remember me" checkbox. The main content area features a large image of a man walking, with the text "Join today!" and a "GO" button. To the right, there is a section titled "ON THE MOVE" with the text "Over 6.5 BILLION steps taken!" and an "AOM STORE" button. At the bottom, there is a "NEWS" section with the headline "Successful Steps — the First Annual AOM Day" and a "TELL A Friend" button.

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Step 4: Navigate to the **RECORD YOUR PROGRESS area on the right-hand side of the screen.**

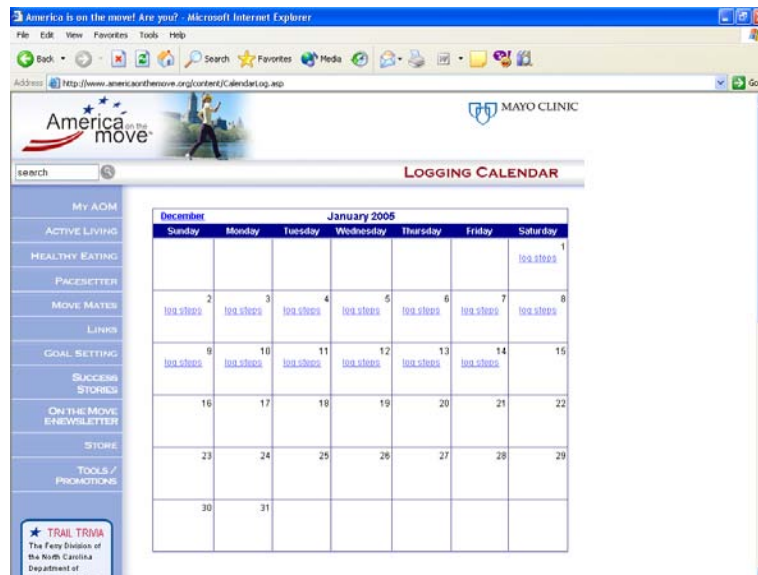
- **Enter steps or minutes of your activity**
- **If you would like to use the Calendar view to Record your progress Select **VIEW CALENDAR LOG.** (see next page)**



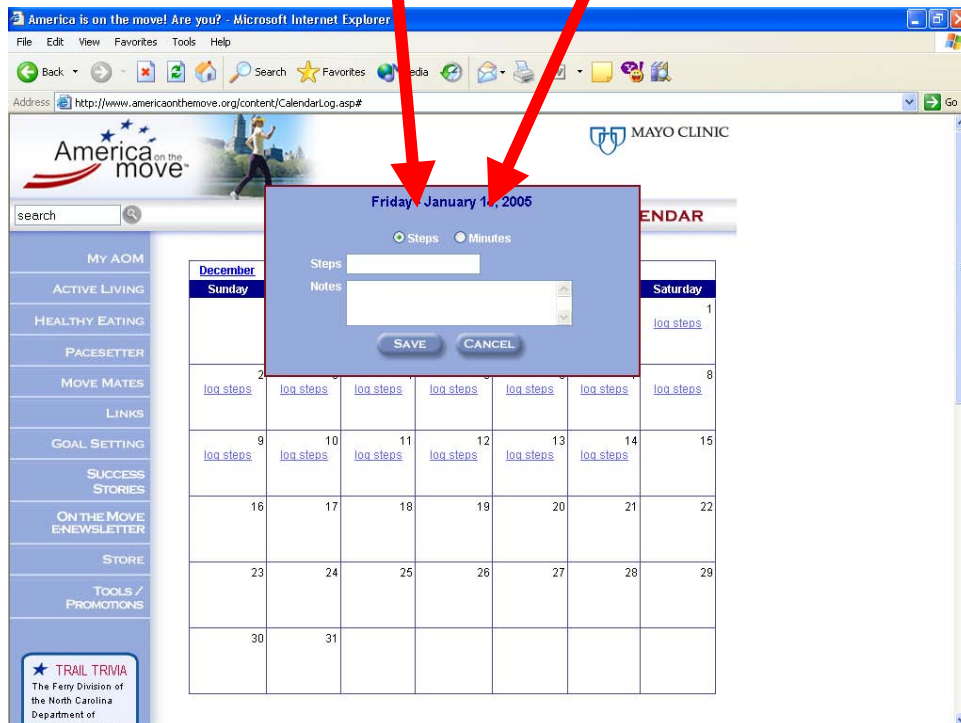
Record your Progress
(In either STEPS and/or MINUTES)

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This is what the Calendar view looks like:



Step 5: Click on LOG STEPS. You will see the following screen: Select either STEPS or MINUTES.



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Step 6: ENTER YOUR STEPS OR YOUR ACTIVITY MINUTES. When finished select SAVE.

Congratulations, you have successfully recorded your activity progress on WWW.AMERICAONTHEMOVE.ORG.

Record your progress each day or as often as possible. Even if you have been away for two weeks, you are able to log days you missed at anytime!

After a few visits to the WWW.AMERICAONTHEMOVE.ORG site you should easily be able to log your activity in as little as 30 seconds!