



NOW THAT YOU'VE RECEIVED YOUR PEDOMETER, IT'S TIME TO REGISTER AND TRACK YOUR DAILY ACTIVITIES!
HERE'S WHAT YOU DO.....

Step 1



Register for MyStart! Tracker by visiting www.startwalkingnow.org.
Click on the orange "Register" button.

The screenshot shows the homepage of startwalkingnow.org. At the top right, there are links for 'About Start!', 'Shop Start!', 'AHA Home', 'Sponsors', 'Media', and 'Contact Us', along with a 'Donate!' button. Below these are links for 'Login' and 'Become A Member'. A navigation bar contains tabs for 'Home', 'Why Start! Walking?', 'Community', 'Find A Walking Path', 'Tracker', 'Start! Heart Walk', 'Resources', and 'In the Workplace'. The main content area features a 'Get Walking Paths on the Go!' section with text about downloading the 'My Heart My Life™ Walking Paths App' for Android or iPhone, a 'Learn more' button, and logos for 'Walking Paths Nationally Supported by UnitedHealthcare'. To the right is a 'Register With Start!' section with text about gaining access to free tools and a 'Register' button. Below this is a 'Nationally Sponsored By:' section featuring the Subway logo. At the bottom, there are four icons: 'MyStart! Community', 'MyStart! Tracker', 'MyStart! Walking Plan', and 'Start! Heart Walk'.

If you have difficulties accessing the Registration Page, it is likely due to security/firewall settings on your computer. Please go to the "Tracker" Tab; scroll down to the bottom of the page and click on 'Use this page' as an alternative



COMPLETE ALL REQUIRED FIELDS



In the 'Company' field, go to [Search for Company](#) and type in 'City of Pittsburgh'. From the drop down menu, click on [CITY OF PITTSBURGH](#).

Address 2

City*

State*

Home or Local Zip Code*

Company

 [Search for company](#) [Clear](#)

[Search](#)

ZIP	Company
15219	CITY OF PITTSBURGH

organization's worksite wellness program (search and leader)

- If you are registering as part of your company's wellness program, please contact your HR representative to get the exact company registration information.
- Company not listed? Then please contact your HR representative to [get your company registered](#).

[Close](#)



In the 'Dept/Team' field, type 'CityFit'



Choose a Password that will be easy to remember.

Dept/Team

Company Zip

Password*

Confirm*



Please place a in each Box to allow for confirmation of your daily steps, Terms of use and Community Guidelines. Submit

Preferences

- If checked, your employer will be able to see your name, department, email address, and physical activities. However, **no one will see your health information (i.e. weight or height)**.
- If checked, you may receive special offers and information from our Start! Sponsors
- Click this box to indicate you agree to the [Terms of use](#)*
- Click this box to indicate you agree to the [Community Guidelines](#)*

[Submit](#)

Step 2

NOW YOU'RE READY TO START TRACKING!



GO TO WWW.START!WALKINGNOW.ORG



Click on [Login](#)



Enter your Email Address and Password



Go to **Tracker** Tab



Go to the **Activity Diary** Tab



Select Activity

From the drop down menu, various activities appear. Most activities can be converted into steps!



Enter required information and click on **Save Activity**

Date	Activity Type	Comments	Minutes	Miles	Intensity	Delete/Edit

Total Time	Total Distance	Total Steps All Activities	Total Walking/Running Steps only
0	0	0	0

PLEASE REMEMBER, TO BE ELIGIBLE FOR THE GRAND PRIZE AT THE COMPLETION OF THIS 12 WEEK PROGRAM YOU MUST TRACK YOUR DAILY STEPS!