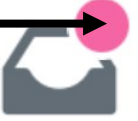


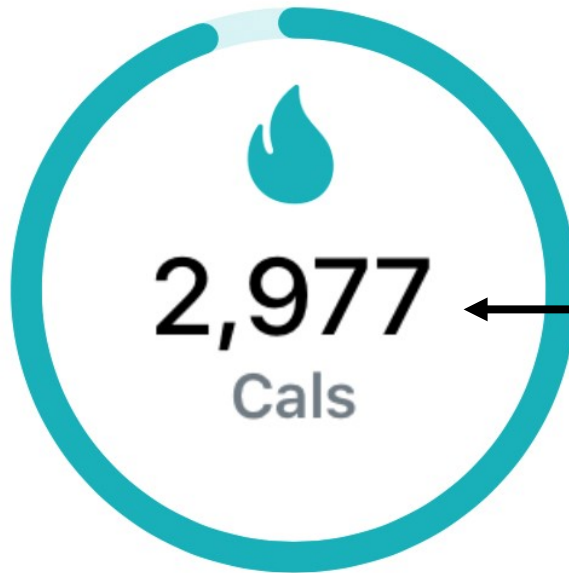


fitbit

7.1 Prompts/cues



SAT, JAN 18



2.3 Self-monitoring
of behavior

1.5 Review
behavior goal



Track your mindfulness

5 days left this week



1 of 4 days

of exercise this week



Log your period



Discover



Today



Community



Premium



Jan 12 – 18

29 min

1.6 Discrepancy
between current
behavior and goal

1 of 4



Days



Sport

Jan 12 at 9:10 AM

🕒 29 min

🔥 246 calories



❤️ 116 avg bpm

100% Fat Burn

Jan 5 – 11

30 min

1 of 4



Days



Yoga

Jan 5 at 8:29 PM

🕒 30 min

🔥 196 calories



❤️ 103 avg bpm

56% Fat Burn

2.6 Biofeedback



Dec 29, 2019 – Jan 4, 2020

45 min

2 of 4



Days



Yoga

Jan 4 at 8:10 PM



Today



Discover



Community



Premium



COVID-19

Discover

Featured



62,500 STEPS

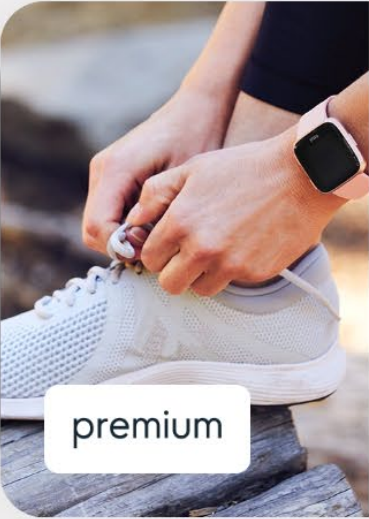


Pohono Trail

START

Guided Programs

4.1 Instruction on how to perform the behavior



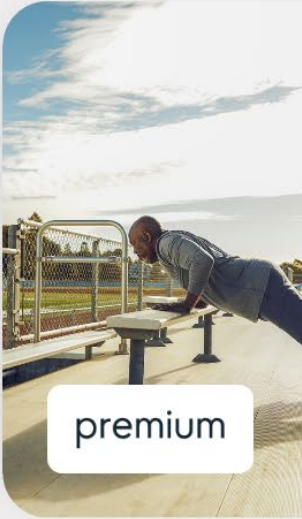
premium

2 WEEKS



Get Active

START

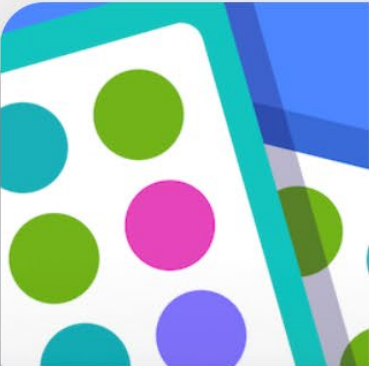


premium

See All

Challenges & Adventures

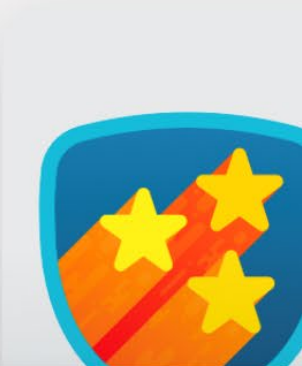
10.6 Non-specific incentive



1 HOUR - 30 DAYS



Get Fit Bingo



See All



Discover



Today



Community



Premium

Feed

Friends

Groups



What are you up to?



Popular conversation in At Work

3.2 Social support



Shared with At Work

Monarch migration.

Monarch Migration

2,500 lifetime miles

10.3 Non-specific
reward



fitbit



Discover



Today



Community



Premium