Self-Reporting Activities

User Instructions

How to Self-Report Wellness Activities

1. Click **Enter Information** next to the activity you wish to record.
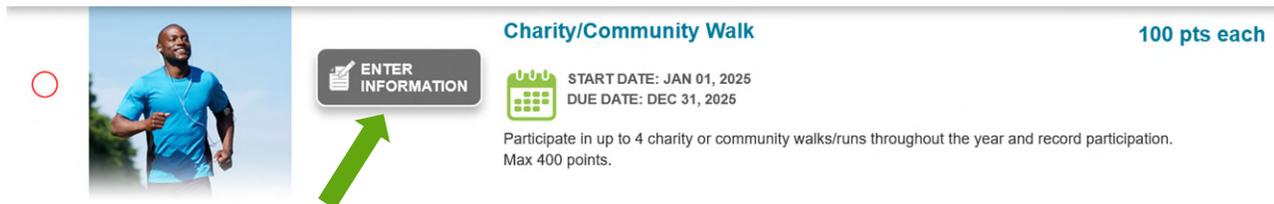
2. Provide information for all available fields, confirm the information is true, and click **Submit** to record your entry.
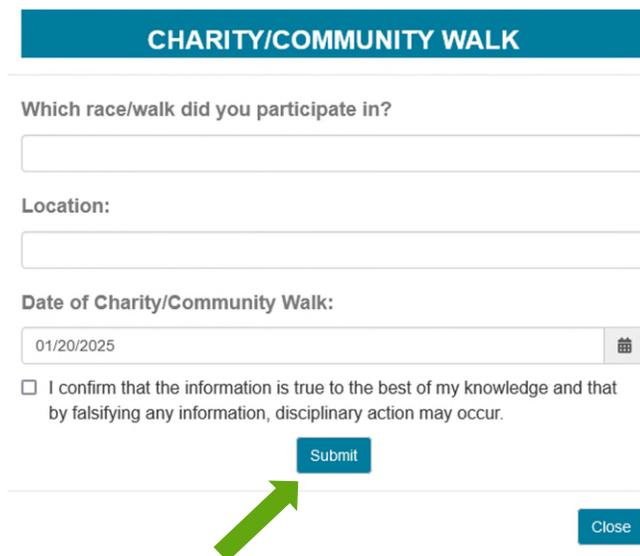
3. You will receive confirmation the entry has been recorded with the green check mark next to the activity and an updated point total will be reflected at the top of the dashboard.