

How to Use the Get Moving Kentucky! Health Activity Tracker

You can keep track of your Physical Activity Miles (PAMs) and other wellness activities by using the web-based Health Activity Tracker. Just enter your activities on the tracker and you're done, no paper and pencil!

Your reports are downloaded and sent to your county extension office each month so county extension agents will receive the number of PAMs and other wellness activities you participate in just as they would if you were turning in the paper log.

You can use the tracker to record activities at all times, even if Get Moving Kentucky! is not currently being offered in your county.

How to Register on the Tracker

- Go to the Web page: <http://www.ca.uky.edu/heel/getmoving.htm>.
- Click on “[New users register here.](#)”
- Read the disclaimer. You must agree with the disclaimer in order to continue.
- Complete the requested information and click submit – be sure to choose the correct county you live in so your extension office will receive your results.
 - If you are registering as a team:
 - Choose one captain to record the total PAMs for the entire group.
 - Choose any team number: 01, 02, etc.
 - When registering, use the team name instead of your own, or make it clear that you are captain by including it in your name (i.e. LoriCaptain).
- Provide the required contact information and click submit.
 - If you wish to receive feedback from the tracking system you must provide an email address.

Recording Your Activities

There are two types of activities you can record:

- PAMs – 1 PAM is 15 minutes of continuous moving.
- Wellness activities – healthy eating, self care, safety, etc.

To Record PAMs only:

- Log in using your User ID and Password.
- Click on “[Your PAMs Calendar.](#)”
- A box with a calendar will pop up.

- Click on the day you wish to record, enter the number of PAMs in the white box and click on “Submit.”
- Click “Close this window” at the bottom of the box to exit the calendar.
- Click “Log Out” at the bottom of the page to exit the system.

To Record PAMs and/or Wellness Activities:

- Log in using your User ID and Password
- Click on “Report Activities.”
- Select activities you’ve participated for the month.
- To record PAMs click on “Your PAMs Calendar” and follow the directions as listed above.
- **Important!** Always click “Save” at the bottom of the “Report Activities” page before logging out.
- Click “Log Out” at the bottom of the page to exit the system.

Questions:

What if I need help?

There is a yellow help button at the top of your user home page to help with trouble shooting and provide a contact for any questions you might have.

How often should I record?

- You can record your PAMs daily, weekly, or monthly. The numbers will all be added together for the month. For teams, it might be easier to record the total PAMs for all team members at the end of each week or month.
- Wellness activities should be recorded monthly.

What if I forget my password?

Email or call Lori Rice at lori.rice@uky.edu or 859-257-2968 to get access to your account so you can obtain your password. Please avoid registering as a new user again.

Remember

Reports are sent to your county extension office on the 6th of each month with totals for the previous month. Have your activities updated by this time or the information may not get to your extension agent.

If you keep track of your activities on the tracker, there is no need to keep a paper log. Your county extension office will receive your information.

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