

Welcome to MOVband MANIA



Group Invite Code: CHUH
Subgroup Name: CHUHHTN

Brought To You By The



Okay, the hardest part is over—You’ve purchased your MOVband!

Now it’s time to buckle down and get to business!

Below are some general guidelines to help you start off on the right foot!

- Always wear your MOVband! Seems simple enough as long as you remember to put on your band every morning. Remember: every MOVE counts!
- MOVbands should be worn on *your* wrist (i.e. not your pocket, your bike pedal, your child’s wrist, your dog’s collar, or even a fan, etc.)
- Not all MOVES are created equal. Mileage is calculated by several factors including the *intensity* of MOVES. Therefore, MOVES do not always have a linear relationship to miles.

The mileage and MOVES are generated based on the demographics entered upon registration. For example, if two people go for a walk together - one is 6'0" and the other is 5'4" - their MOVES will calculate differently because their stride lengths are different.

- If you just want to see your moves and miles, simply use the “Customize your view” drop down. Click “Custom Range” and select the dates you wish to view.
- A good personal goal is 11,500 moves per day. Is this too easy or too hard? The best goals are tailored to your abilities! [Set yourself up for success by setting realistic goals.](#)
- MOVbands are NOT waterproof! So please do not wear them in showers or swimming pools. If you are an avid swimmer you may want to purchase a waterproof armband pouch to put your MOVband in and continue to track via MOVband SYNC.
- HAVE FUN! The best way to keep yourself motivated to move is by having fun. Biking, walking, skipping, running, jumping —find whatever it is that *you* like to do and stick with it!

