

Activity Editor Help

If you choose to add an activity, you are asked to enter a title for that activity, the units of distance for that particular activity, and the number of calories you burn per minute when doing that activity. Type the activity name and use the scroll bars to adjust units and calorie rate. Look through the list of built-in activities for example titles, units, and approximate calorie values. The calorie values shown are average values for a 150 pound person and the program then adjusts these values based on your weight. Choose units and calories for your activity accordingly. When done adding an activity, click **OK**. To delete a previously defined activity, highlight that activity in the list and choose **Delete Activity**. To edit an activity, highlight the desired activity, choose **Edit Activity**, and make required changes following the editing steps mentioned for adding an activity. When done with the Activity Editor, click **Exit**.

