



WALKING PLANNER

WEBMD INDIVIDUAL ACTION PLAN HELP GUIDE

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Walking Planner

Your Walking Planner displays the number of steps you should take today. It also provides a place to record your steps each day. To count your steps accurately, wear a pedometer.

The screenshot shows the 'Walking Planner' interface. On the left is a sidebar with navigation links. The main content area has a header with 'Daily Walking Planner' and 'Weekly Walking Progress'. A date selector in the top right shows 'January 15, 2010'. Below this is a vertical scale from 0 to 10000 steps, with a slider at the bottom labeled '0 Steps'. To the right of the scale is a text area with instructions: 'Your goal for today is 10000 steps. Enter the number of steps you have taken today by using any of these methods. Slide the selector up and down. Use the up and down arrows on the selector for small increments. Enter the number in the box below.' Below the text is an input field with 'Today I took' text, a text box, and 'SUBMIT' and 'RESET' buttons. Three red boxes highlight these elements: 1. The slider control, 2. The input field, and 3. The date selector.

Your Walking Planner screen

The Walking Planner screen is designed for you to record the number of steps you take in a day.

You can enter your steps two ways:

1. Move the slider (using your mouse) up and down to indicate the number of steps you took,
or
2. Simply type in the number of steps you've taken in the box.
3. Navigating between days is easy using the arrows or calendar in the upper right hand corner.

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The screenshot shows the 'Daily Walking Planner' interface. On the left, a vertical scale from 0 to 10,000 steps is marked in increments of 2,000. A vertical bar with orange footprints represents the progress, and a slider is positioned at 9,000 steps. To the right, the goal is stated as 10,000 steps, and instructions explain how to use the selector and text input. Below the instructions, a text box contains '9000' steps, with 'SUBMIT' and 'RESET' buttons. A red box highlights the selector and text input area, with a red '1.' to the left and a red '2.' to the right.

Tracking steps entered in your Walking Planner

This is what it looks like once the steps are entered:

1. The selector has moves up to indicate 9000 steps.
2. 9000 steps are entered in the text box.

This entry records your planner use. You've now earned one activity credit.

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Tracking your activity in your Planner

1. Track your progress by selecting the "Weekly Walking Progress" tab at the top of the Walking Planner. You will see each of your recorded days of activity graphed.

This is a good way to confirm that you entered the number of steps you've taken and your activity has been recorded.



Lifestyle Improvement Program Walking Planner

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Secure Messages (0 new)

Rewards [check status](#)

1.

Healthy Incentives Road to Gold

[Change my Individual Action Plan](#)

Actions Available

After you complete one of the actions below, you may find that action at the bottom of the list when you return to this page. That's because this page is designed to rotate the activities so you can review other options that might interest you. Of course, you will still be able to continue with the option you've already selected.

Complete a phase of readings in the Exercise Lifestyle Improvement Program [Tell me more](#)

[CLICK HERE TO START](#)

3.

Complete a phase of readings in the Nutrition Lifestyle Improvement Program [Tell me more](#)

[CLICK HERE TO START](#)

History

The following list is a record of the actions you have completed, the weekly goals you have met, and the individual benefit status you have achieved. Complete 3 actions per week to earn gold.

Individual Benefit Status

1/3/2011 Bronze. Conf#: DB1A8485-1130407335

1/4/2011 Silver. Conf#: 2D94EC1B-1130413177

Actions completed

2/10/2011 Update the Walking Planner

2/10/2011 Update the Walking Planner

2/10/2011 Update the Walking Planner

2.

You can always check your progress and/or change your action plan

1. Click the **check status** link at the top of the page to get to the **Road to Gold** page.
2. Scroll down and you can see your history: What actions have been completed (and when) and what your Individual Benefit status for 2012 currently is.
3. You can also pick another action by clicking one of the orange **Click Here to Start** buttons. You can complete a phase of reading, update your personal health record, make an entry on a tracker, read a Healthy Incentives Rewards article, or try a different planner. *Note: after you complete one of the actions listed, you may find that action at the bottom of the list when you return to the page. That's because the page is designed to rotate the activities so you can review other options that might interest you.*