

Department of Veterans Affairs

MOVE! Coach Mobile Application

User Guide



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1 Getting Started

Welcome to MOVE! Coach Mobile! This section provides a general walkthrough of the MCMv1 App—referred to as simply “MOVE! Coach App” from this point forward—from installing the application on an iPhone/iPad device, through removing the application from the device.

1.1 Installing the MOVE! Coach App

The MOVE! Coach App can be installed onto an Apple® iPhone/iPad by using either of the two methods outlined below.

1.1.1 Installing the MOVE! Coach App via the Apple® App Store

1. Locate and tap-to-launch the App Store icon on an iPhone/iPad device.
2. Tap the search button (magnifying glass icon) located at the bottom of the screen.
3. Select the “iPhone only” filter, and enter “move coach” in the search box. All matches to the entered information will be displayed on the screen.
4. Select the MOVE! Coach application developed by US Department of Veteran Affairs.
5. Tap the **Get** button located on the right side of the screen to initiate the download/install process.
6. Enter the password for your Apple ID when prompted.
7. Wait for the application download/installation to complete.
8. Refer to Section 1.2 to launch (i.e. open) the MOVE! Coach application.

1.1.2 Installing the MOVE! Coach App via Apple® iTunes

1. Locate and click-to-open the iTunes icon on a desktop or laptop machine.
2. Click to select the iTunes Store from the left-hand navigation pane.
3. Select the “iPhone only” filter, and enter “move coach” in the search box. All matches to the entered information will be displayed on the screen.
4. Select the MOVE! Coach application developed by US Department of Veteran Affairs.
5. Click the **Get** button located under the app icon to initiate the download process. (Alternately, use this link to find the app directly: <https://itunes.apple.com/us/app/id878356988?mt=8>)
6. Enter the password for your Apple ID when prompted.
7. Wait for the application download to complete.
8. Connect the Apple® iPhone/iPad to the desktop/laptop. Keep iTunes open.
9. Select the iPhone/iPad device from the left-hand navigation pane (the unique device name will appear once connected).
10. Select the **Apps** tab from the right-hand navigation pane once it appears on-screen.
11. Locate the MOVE! Coach App from the list of applications (scroll down to find if necessary). Click on the **Install** button (the button label will change to “Will Install”).
12. Click on the **Apply** button on the bottom-right of the screen to complete the installation (this will initiate the sync process).

13. Refer to Section 1.2 to launch (i.e. open) the MOVE! Coach application.

1.2 Launching the MOVE! Coach App

To start the MOVE! Coach mobile application, you must perform the following steps:

1. Locate and tap the application icon on the iPhone/iPad device (Figure 1).



Figure 1 – MOVE! Coach Application Icon

2. The MOVE! Coach application splash screen briefly appears (Figure 2).



Figure 2 – MOVE! Coach Splash Screen

3. Next, the End-user License Agreement (Figure 3) will appear with an option to **Accept** or **Cancel**. Tap **Accept** to continue launching the MOVE! Coach App or tap **Cancel** to exit the application. There is also an option to share the EULA—tap on the **Share** icon located on the top-right corner—to either print or email a copy. The EULA will only appear when the application is launched for the first time after install or if it has not been previously accepted; once accepted, it will not appear again, however you must accept the EULA in order to launch the application. You can always access the EULA under **Settings**.



Figure 3 - MOVE! Coach App EULA

4. Before accessing the application, MOVE! Coach needs to capture some basic information about you, such as: height, weight, gender and age (Figure 4). After you have entered the information, tap **Done** (top-right corner).



Figure 4 - Basic Information screen

5. The MOVE! Coach home screen will be displayed (Figure 5).

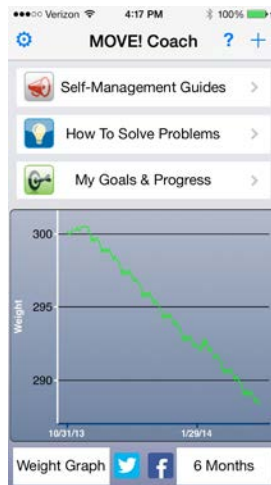









Figure 5 – MOVE! Coach Home Screen




1.3 MOVE! Coach App Home Menu

Menu Option	Location	Description	Reference
Self-Management Guides  Self-Management Guides >	Home Screen	This button opens to a sub-menu containing the eleven (11) Self-Management Guides. Each guide covers a different topic related to weight management.	See Section 2.1 below
How To Solve Problems  How To Solve Problems >	Home Screen	This button opens to a sub-menu containing various resources and tools related to solving and overcoming common weight loss problems.	See Section 2.2 below
My Goals & Progress  My Goals & Progress >	Home Screen	The button opens to a sub-menu containing various tools and reports for weight, diet, and activity data captured by the MOVE! Coach app.	See Section 2.3 below
Graphs 	Home Screen (bottom half)	This section of the home screen allows you to preview weight, diet, and activity graphs for various timeframes as well as share them on social media. These graphs can also be viewed full screen in landscape mode.	See Section 2.3.3 below
Daily Entries 	Home Screen (top right)	This button opens to an entry screen that allows you to enter daily weight, diet, activity data.	See Section 2.4 below

Menu Option	Location	Description	Reference
Settings 	Home Screen (top left)	This button opens to a screen where you can manage various MOVE! Coach app settings.	See Section 2.5 below
Help 	Home Screen (top right)	This button opens to a screen containing in-app 'Help' information.	See Section 2.6 below

1.4 Other Features



1.4.1 Standard Navigation

Tap on a button with a right-facing arrow  to navigate into a menu option and get more information about the content associated with the button. Tap on a button with a left-facing arrow  or  when it appears on the top left of the screen to return to the previous menu; continue clicking on the arrowhead button to return to the Home screen (for menus with several levels).

On some screens, such as when reading chapters in the Self-Management Guides section, a navigation bar also appears on the bottom to allow you to navigate between pages (Figure 6):



Figure 6 - navigation bar

Tap on the  button to go to the previous page and tap on the  button to go to the next page.

1.4.2 In-App Videos

1.4.2.1 Viewing Videos

To start a video, tap the red triangle  on the video screen. The video player will open within the MOVE! Coach App (Figure 7).

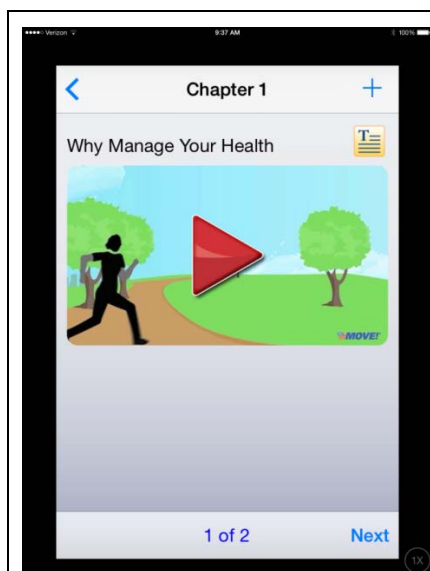


Figure 7 – Embedded video

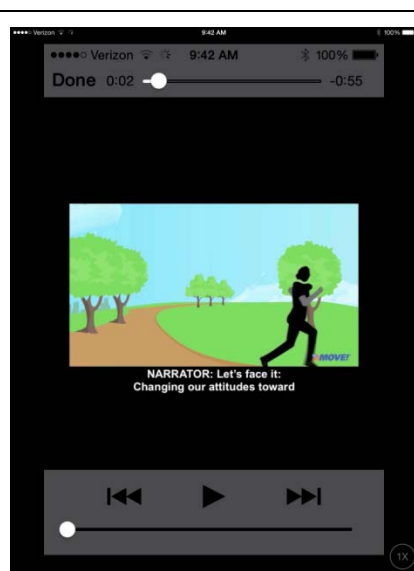


Figure 8 – Video, portrait mode

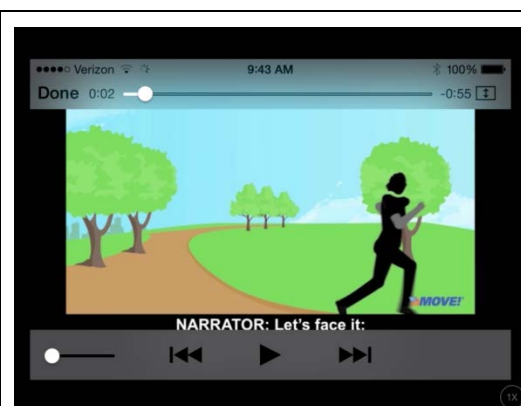







Figure 9 – Video, landscape mode


While the video is playing in either portrait (Figure 8) or landscape mode (Figure 9), use the additional controls to perform the following actions:

- Tap the pause button  to temporarily stop the video; this button is visible when the video is playing
- Tap the play button  to resume viewing the video; this button is visible if the video has been paused
- Review the progress bar  to see how much of the video has been viewed. At the beginning of the video, the white circle appears on the far left of the slider and slowly moves towards the right followed by a white progress bar. When the white circle reaches the far right and the progress bar is completely white, the end of the video has been reached.
- Please note that the rewind  and fast-forward  buttons do not currently work.


When you're done viewing the video, tap on the **Done** button (top-left corner) to return to the previous screen.

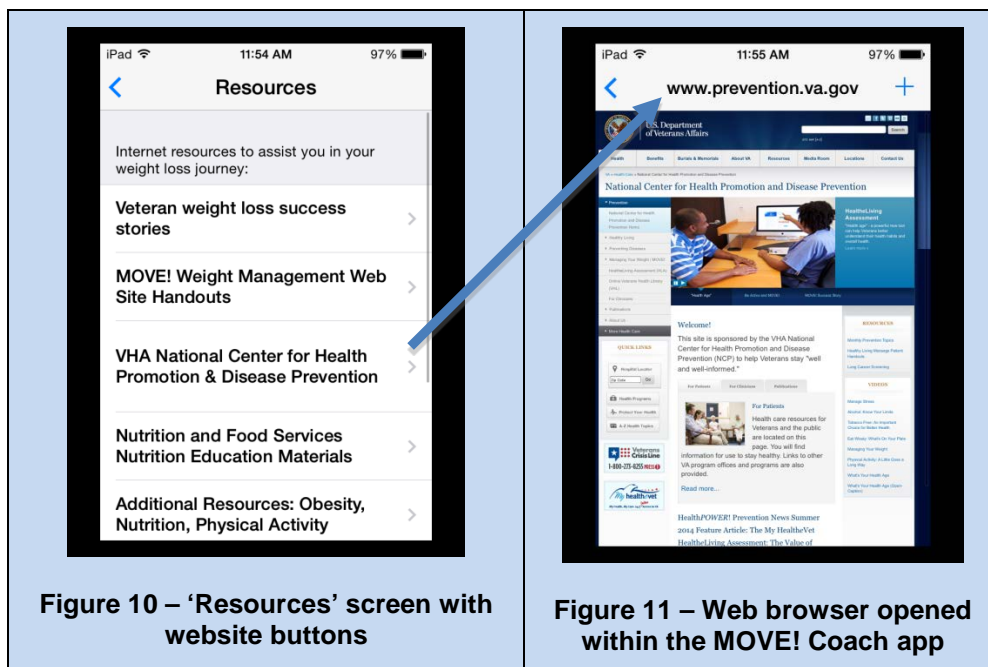
Note: If you cannot hear any audio, check your device's volume level (it may be all the way down), and ensure that the ringer switch—usually on the left side of an iPhone—is not switched 'Off' (it will show red next to the switch indicating it is off).

1.4.2.2 Closed Captioning

If you're interested in reading the video text, simply click on the orange transcript button  at the upper-right of the video screen. Closed captioning is available for all videos in the MOVE! Coach App.

1.4.3 In-App Web Browser Navigation

Website resources are provided under the **How to Solve Problems** → **Get Support & Encouragement** → **Resources** option (Figure 10). Tap one of the website buttons available. This action will open the web browser within the MOVE! Coach App (Figure 11). You can then navigate the website as usual by clicking on any buttons or hyperlinks. To return to the previous screen, tap the Back  button.



1.4.4 Phone Dialer

Phone number resources are provided under the 'How to Solve Problems' → 'Get Support & Encouragement' → 'Resources' option (Figure 12). Tap one of the phone number buttons available. This action will launch the phone dialer window with the options to 'Call' or 'Cancel' (Figure 13).

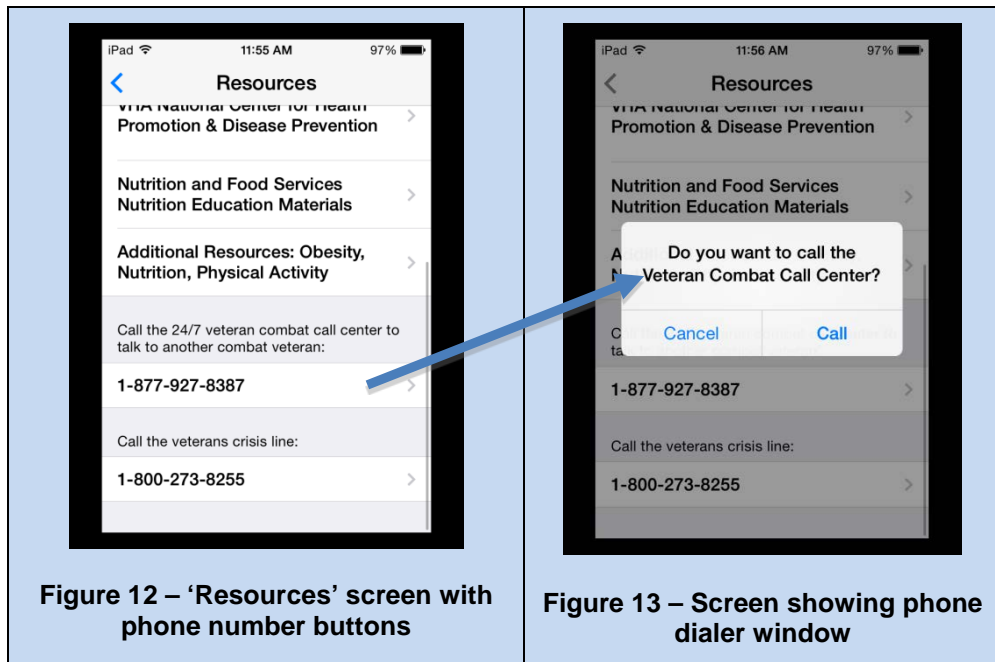



Figure 12 – ‘Resources’ screen with phone number buttons

Figure 13 – Screen showing phone dialer window

****Note:** The ability to make a phone call using an iPad is very limited. To place a phone call requires that the FaceTime app is installed and configured on the device using a valid email address or Apple® ID (in the iOS Settings app → FaceTime), a Wi-Fi or cellular connection (i.e. service from a cellphone provider), and the target contact has an Apple® device—with FaceTime installed—to receive the call. FaceTime will not work when calling a non-Apple® device or a landline (i.e. service provided by a traditional telephone carrier). FaceTime is available on later generation Apple® iPhones, iPads, iTouches, and Mac computers (desktops and laptops).*

1.4.5 Sharing Options

There are several options for sharing information, graphs, and reports from the MOVE! Coach App. You can email, text, and print as well as post to social media. To access the share menu, tap on the **Share** (if available to generate the report/graph as a PDF; Figure 14) or the Share icon  (Figure 15) located on the top-right corner of the screen then select one of the available options (Figure 16). These buttons are available in the My Reports, My Summaries, and Graphs sections.

Hint: When viewing a PDF report, use the ‘pinch’ and ‘expand’ gestures to zoom in and zoom out for a closer look!



Figure 14 – Share button

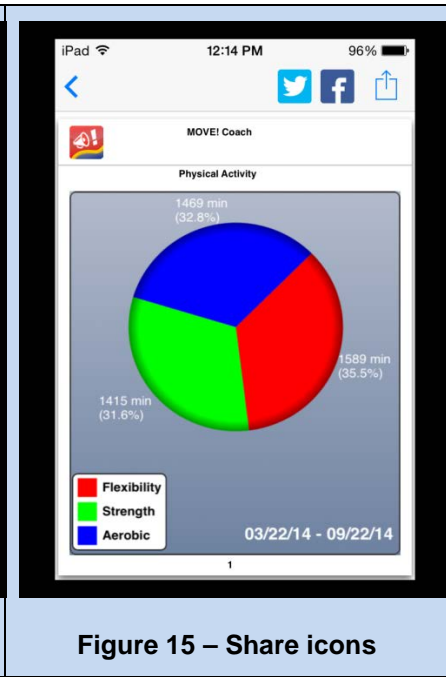


Figure 15 – Share icons

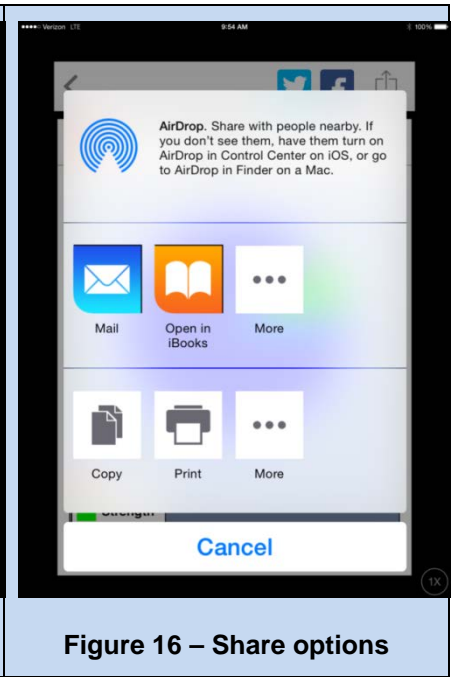


Figure 16 – Share options

1.4.5.1 Printing



To print, select the Print icon from the Share options menu. You will then see the Printer Options window (Figure 17).

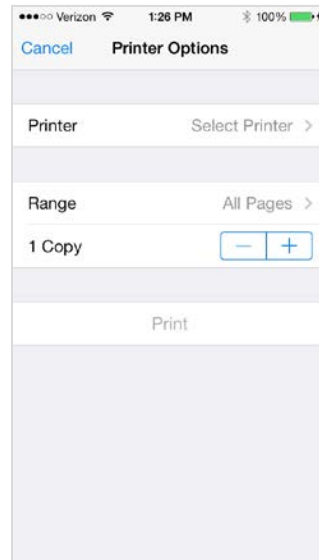


Figure 17 - Print Options

1.4.5.2 Sending Emails



To send an email, select the Mail icon from the Share options menu. You will then see the email editor window (Figure 18), and the report will be included as a PDF attachment.

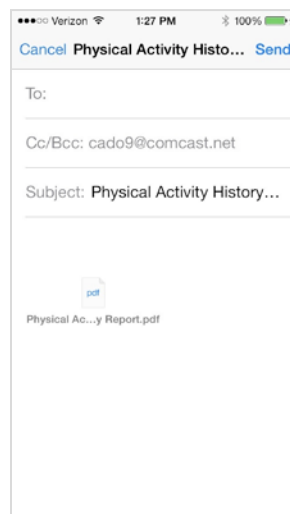



Figure 18 - Email screen

**Note: To send an email using an iPad requires that an email account is setup on the device (in the iOS Settings app → Mail, Contacts, Calendars), the Mail app is installed, a Wi-Fi or cellular connection, and the target contact has a valid email address.*

1.4.5.3 Posting to Social Media

Throughout the MOVE! Coach App you can post messages, share information, solicit support, and even challenge your followers on social media as part of your weight loss journey.

Tap the Twitter button  to post an update to your Twitter feed (Figure 19). You will have a chance to review and edit the post prior to submitting (i.e. Post) or you can ‘Cancel’ to exit without posting.

Tap the Facebook button  to post an update to your Facebook page. You will have a chance to review and edit the post prior to submitting (i.e. Post) or you can ‘Cancel’ to exit without posting.

**Note: For this feature to work, you must have a Twitter and/or Facebook account set up on the iPhone/iPad device under the iOS Settings app, otherwise it will generate an error (Figure 20).*

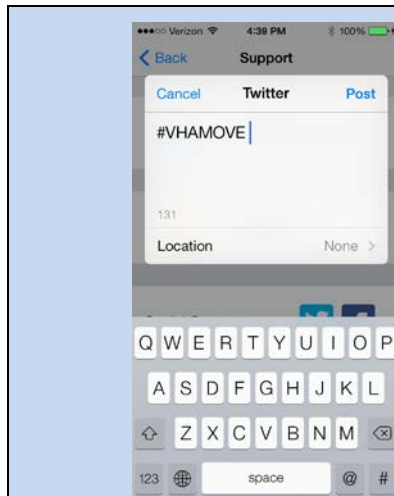


Figure 19 – Twitter post window

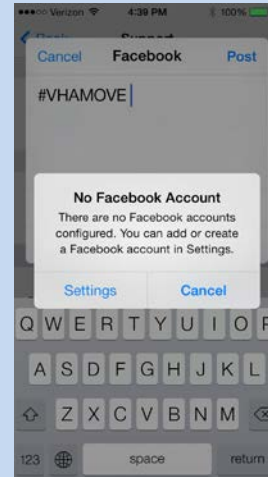



Figure 20 – No account error

1.5 Exiting the MOVE! Coach App

The method for exiting the MOVE! Coach App differs between iOS version 6.x and 7.x or higher—see below for more information. To check which iOS version you have, launch the ‘Settings’ app, tap on ‘General’ then ‘About,’ and scroll down to ‘Version.’

1.5.1 Exiting the MOVE! Coach App in iOS version 6.x

1. Double tap the physical ‘Home’ button located on the bottom of the iPhone/iPad device. The screen will shift upward to expose a bottom row contain icons for all open apps.
2. Locate the MOVE! Coach app icon then tap and hold until it starts to “wiggle.”
3. Tap the small dash in a red circle  on the top-left of the MOVE! Coach app icon to exit.

1.5.2 Exiting the MOVE! Coach App in iOS version 7.x or higher

1. Double tap the physical ‘Home’ button located on the bottom of the iPhone/iPad device. The screen will zoom out to expose mini windowpanes containing ‘screen previews’ of all open apps.
2. Locate the windowpane showing the MOVE! Coach app, tap-and-hold the ‘screen preview’ pane, and make an upward swiping motion towards the top of the screen until the windowpane “disappears.”

1.6 Uninstalling the MOVE! Coach App

To uninstall the MOVE! Coach App from an iPhone/iPad device:

1. Locate the MOVE! Coach app icon on the device then tap and hold until it starts to ‘wiggle’.
2. Tap the small ‘X’ on the top-left of the MOVE! Coach app icon to uninstall.

1.7 Special Instructions for Error Correction

Not applicable to the MCMv1 Application.

1.8 Caveats and Exceptions

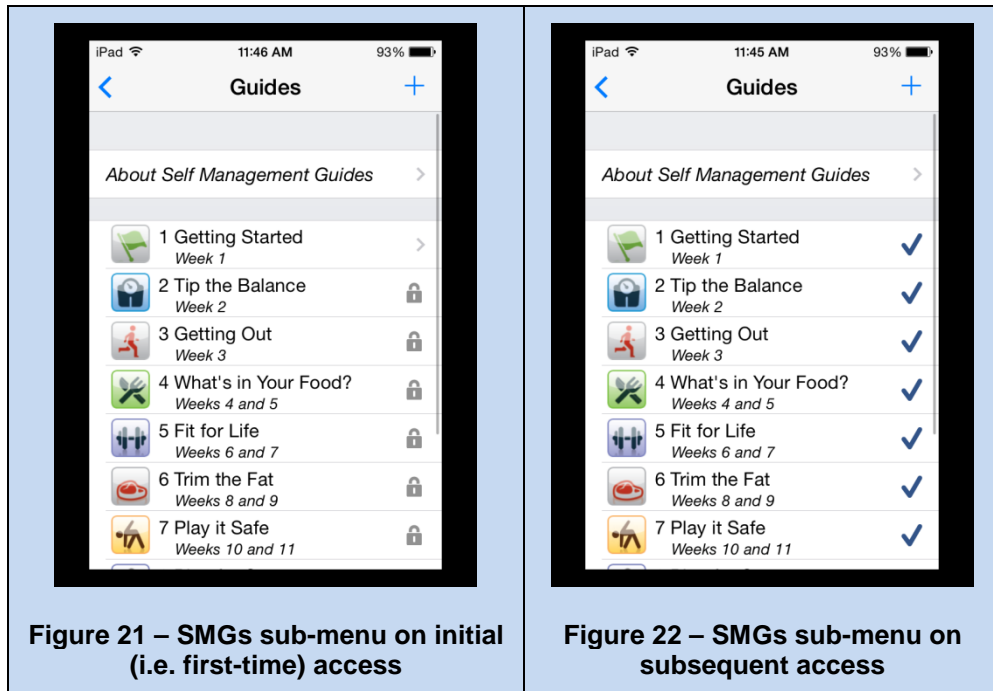
Not applicable to the MCMv1 Application.

2 MOVE! Coach Application Options

2.1 Self-Management Guides (SMGs)

2.1.1 Start/About Self-Management Guides

The first time you go into the Self-Management Guide menu, all guides are ‘locked’ (Figure 21) and cannot be accessed until you read the ‘Start Self-Management Guides’ section. Once you complete this section, Guide 1 will be ‘unlocked’—ready for review—and the label will change to ‘About Self-Management Guides’; it will remain available for future reference. As each Guide is completed, the next Guide will be ‘unlocked’ (Figure 22) after the appropriate scheduled time has passed (i.e. one week or two weeks).



2.1.2 Guide 1 – “Getting Started”

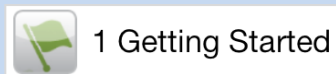


Figure 23 - Guide 1 button

This guide is a **one-week** course. The MOVE! Coach App will unlock the next guide after one week from the time you started Guide 1.

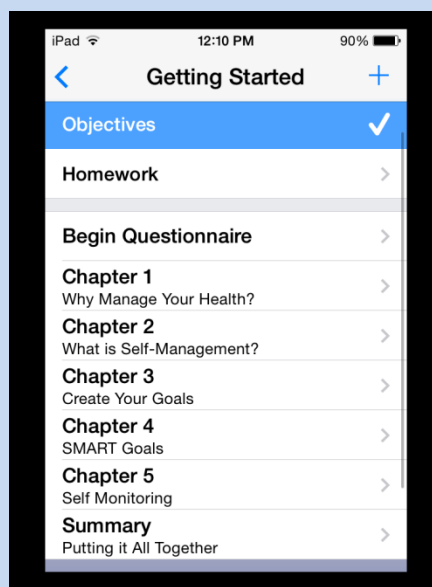


Figure 24 – Getting Started

- Guide 1 tasks (Figure 24):
- You will review the list of objectives for Guide 1.
- You will review homework items scheduled for Guide 1.
- You will complete a questionnaire designed to help customize the MOVE! Coach app.
- You will watch a video titled “*Why Manage Your Health?*” to learn how to change your thinking about food, exercise and yourself.
- Next, ‘shake’ the device or tap on the ‘Go’ button to learn about the 10 health gains obtained from a 10% weight loss
- You will watch a video titled “*What is Self-Management?*” to learn how self-management can help you achieve your goals.
- You will be able to take a “before” picture of yourself so that you can see your progress as you continue using MOVE! Coach. Additional guidance is provided on the picture taking screen.
- You will be asked to fill in two reasons why you have joined MOVE! **and** two things you expect to achieve by participating in MOVE!
- You will double-check your entries for height, weight, gender and age.
- Next, you will read goal setting tips and then enter your personal weight loss goal. There are a variety of ways to enter your weight loss goal. For example, you may choose the total number of pounds you want to lose, or choose a percentage of weight to lose, or you can select a target weight. All three will be populated with a single selection. Additional guidance is found on this goal screen.
- You will have the chance to select how much weight (in pounds) you would like to lose each week. Choices include: 0, ½, 1, 1 ½ and 2 pounds per week. Based on your selection the app will calculate the date at which you will reach your goal; tap on the button underneath to add this date to the native device calendar app. If your goal seems to be too far into the future, consider going back to the weight loss goal screen and adjusting your goal to 5% weight loss. Based on how

much you choose to lose (pounds) per week, the app will provide your daily calorie level. This value can be adjusted if you have been advised by your healthcare provider to not go lower or exceed a certain calorie level—use the ‘Tap to set Medical Calorie Adjustment’ located under the ‘Daily Calorie Goal’ field and select the appropriate value (e.g. within the range of $-500 < 0 < 500$) This will be addressed in the app in Self-Management Guide 2 (Tip the Balance). **Note:** It can be dangerous if you go above/below the range recommended by your physician (Figure 24a).

The screenshot shows the 'Chapter 3' screen of the MOVE! Coach Mobile app. At the top, the status bar shows 'Verizon', '3:13 PM', and '59%' battery. The app header includes a back arrow, 'Chapter 3', a question mark icon, and a plus icon. The main content area has a light gray background with the text 'Select how much you would like to lose each week'. Below this, there are three sections: 'Weekly Weight Loss' set to '2 lbs.' with a right arrow; 'Daily Calorie Goal' set to '1950 Calories' with a right arrow, and a sub-option 'Includes Medical Calorie Adjustment of -50 Calories' with a right arrow; and 'Date Goal Reached' set to 'Jul 23, 2015' with a right arrow, and a sub-note 'Based on the goal baseline weight'. Below these is a section titled 'Tap to add to your calendar' with a right arrow and the text 'A new event will be added to your device calendar'. At the bottom, there is a purple box with white text: 'It is very important to choose a goal that you are confident you can reach. You can always reset your goals after you reach them.' The footer has three buttons: 'Previous', '5 of 5', and 'Done'.

Figure 24a – Setting Goals

- Once your weight loss goal is set, you will watch a “**SMART Goals**” video to prepare you to set goals for weight management.
- You will then write your own Physical Activity and Dietary SMART goals. Be sure to read the examples provided on the screen while also using the information presented in the “SMART Goals” video.
- After goal setting you have earned a physical activity break. Tap on the video titled “**Overhead Stretch.**”
- You will watch a video titled “**Self-Monitoring: Keeping a Diary**” to learn how a diary can increase your awareness and change your eating and physical activity behaviors.
- Guide 1 ends with a summary of what you completed in the guide. You will answer a few more questions to get ready for the next guide, and check out additional resources that are available.

**Note: You can update any weight goal or SMART goal in each guide summary.*

2.1.3 Guide 2 – “Tip the Balance”



2 Tip the Balance

Figure 25 - Guide 2 button

This guide is a **one-week** course. The MOVE! Coach App will unlock the next guide after one week from the time you started Guide 2.

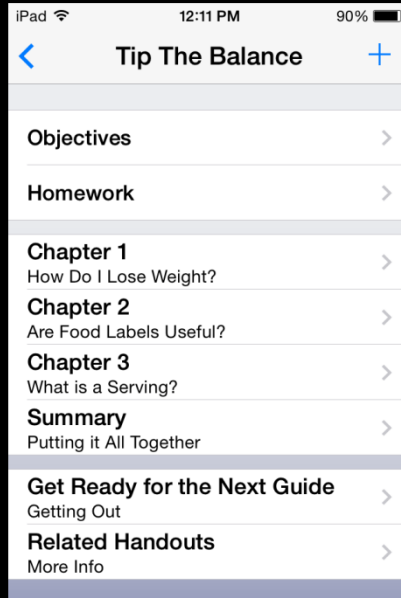


Figure 26 – Tip the Balance

Guide 2 tasks (Figure 26):

- You will review the list of objectives for Guide 2.
- You will review homework items scheduled for Guide 2.
- You will watch a video titled **“How Do I Lose Weight?”** to learn about the three most important things you can do to lose weight and keep it off.
- Your daily calorie range will be set based on your weight and the amount of pounds you selected to lose per week (completed in Guide 1). Keep in mind that your daily calorie range may be adjusted as you progress with weight loss. More details are provided on this screen.
- Next, you will learn about food labels and check out an interactive food label that teaches you how to read a label.
- You will watch a video titled **“The Food Label and You.”**
- Take a physical activity break; tap on the video titled **“Trunk Rotation.”**
- You will watch a video titled **“Making Healthy Food Choices With a Healthy Plate”** to learn about an easy way to manage calories using a simple 9-inch plate.
- Try your hand at an interactive lesson that asks you to build a healthy plate using sliders. Be sure to view your report once you have made your selections.
- Next review a guide explaining serving sizes followed by a matching game where you compare serving sizes of food items to everyday objects (figure 26a). For example a serving of lean protein is equivalent to the size of a deck of cards.

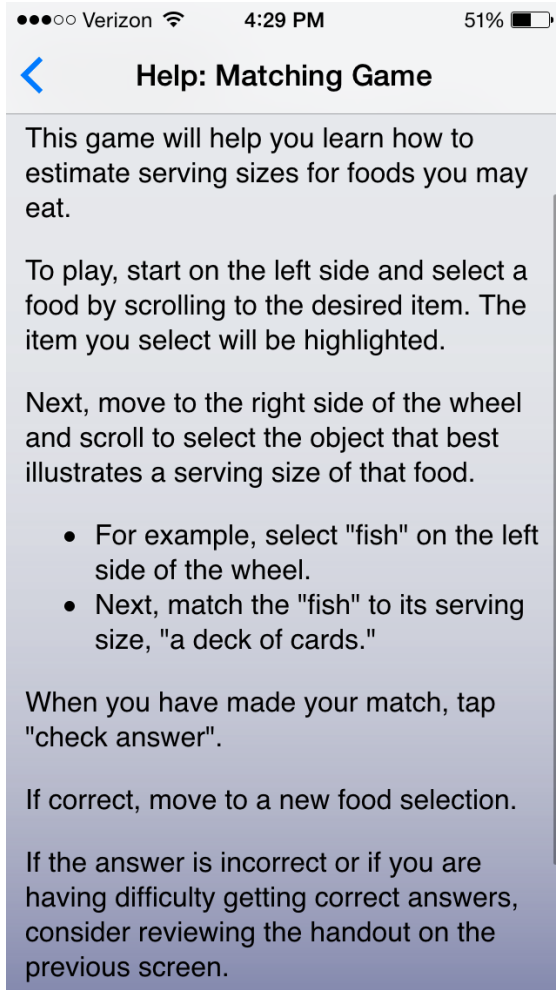


Figure 26a – Matching Game

- Guide 2 ends with a summary of what you completed in the guide. You will answer a few more questions to get ready for the next guide, and check out additional resources that are available.

2.1.4 Guide 3 – “Getting Out”



Figure 27 - Guide 3 button

This guide is a **one-week** course. The MOVE! Coach App will unlock the next guide after one week from the time you started Guide 3.

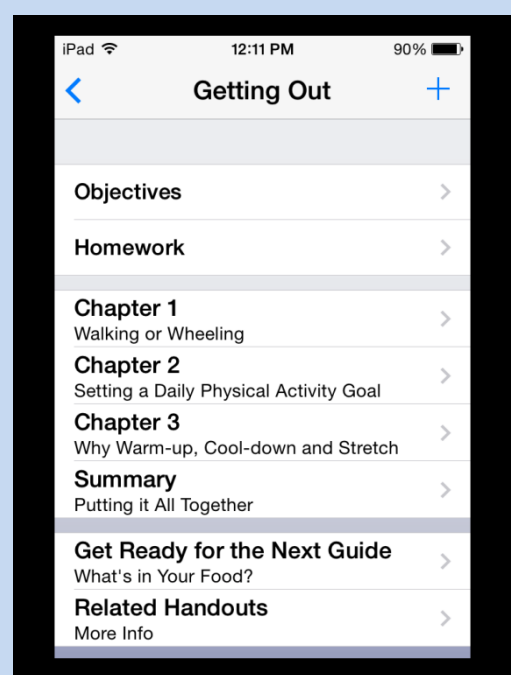


Figure 28 – Getting Out

Guide 3 tasks (Figure 28):

- You will review the list of objectives for Guide 3.
- You will review homework items scheduled for Guide 3.
- You will watch a video titled “***Walking or Wheeling***” to review how much physical activity you did last week and learn about the importance of staying active.
- You will watch a video titled “***Setting a Daily Physical Activity Goal***” to help you make your activity plan.
- You will watch a video titled “***Why Warm-up, Cool-down, and Stretch***” to learn easy ways to help prevent injury and soreness with exercise.
- Guide 3 ends with a summary of what you completed in the guide. You will answer a few more questions to get ready for the next guide, and check out additional resources that are available.

2.1.5 Guide 4 – “What’s in Your Food?”

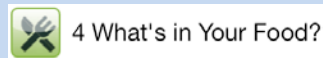


Figure 29 - Guide 4 button

This guide is a **two-week** course. The MOVE! Coach App will unlock after two weeks from the time you started Guide 4.

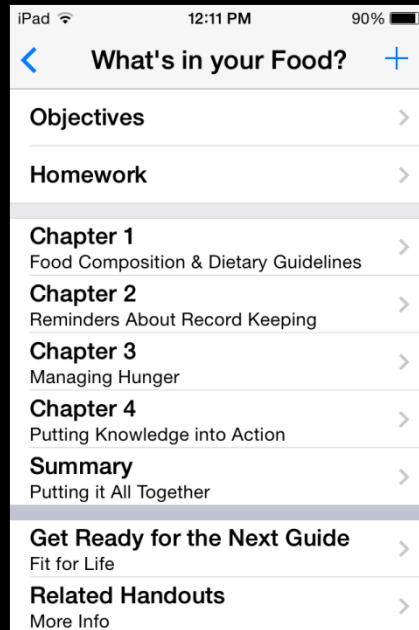


Figure 30 – What’s in Your Food?

Guide 4 tasks (Figure 30):

- You will review the list of objectives for Guide 4.
- You will review homework items scheduled for Guide 4.
- You will watch a video titled “***Food Composition and Dietary Guidelines***” to learn more about eating wisely.
- The video titled “***Reminders about Record Keeping***” will encourage you to do the most important thing you can for success with your weight loss—complete your food and physical activity diary every day.
- You will watch a video titled “***Managing Hunger***” which offers tips on how to work through feelings of hunger.
- Take a physical activity break, tap on the video titled “***Chest Stretch.***”
- You will watch a video titled “***Putting Knowledge into Action***” to learn about the Hunger/Fullness Scale.
- Next, you will use an interactive slider lesson designed to offer practice using the Hunger/Fullness Scale.
- Guide 4 ends with a summary of what you completed in the guide. You will answer a few more questions to get ready for the next guide, and check out additional resources that are available.

2.1.6 Guide 5 – “Fit for Life”



Figure 31 - Guide 5 button

This guide is a **two-week** course. The MOVE! Coach App will unlock the next guide after two weeks from the time you started Guide 5.

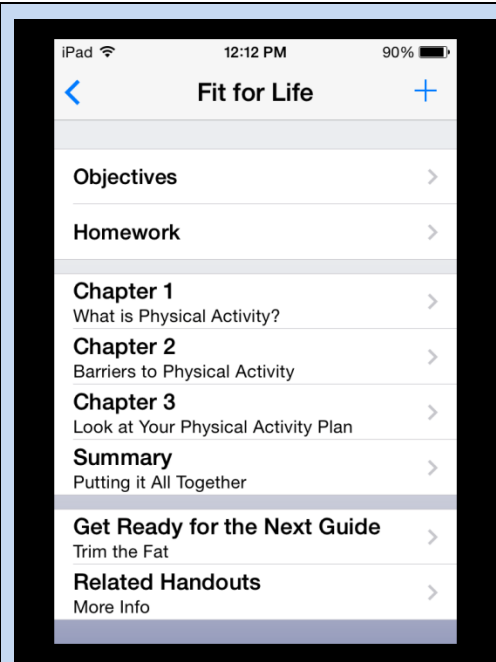


Figure 32 – Fit For Life

Guide 5 tasks (Figure 32):

- You will review the list of objectives for Guide 5.
- You will review homework items scheduled for Guide 5.
- You will use an interactive slider worksheet to estimate your weekly time spent in a variety of activities. For example you will indicate your active time participating in endurance, strength, or flexibility activity, as well as inactive time such as sleeping, sitting, or watching TV. A report is then generated based on your answers and how you compare to suggested recommendations from MOVE!
- You will watch a video titled “***Barriers to Physical Activity***” to learn new ways to tackle these barriers.
- Take a physical activity break, tap on the video titled “***Hamstring Stretch.***”
- You will take a look at your physical activity plan and play an interactive “shake” game to view some suggested activities to consider adding to your plan.
- You will then be presented with an alert message to “***Up the ante***” (increase/update your goals)
 - If you select “Yes”, this alert will provide you with suggestions about ways to challenge yourself. You will then have the opportunity to update any of your goals including: weight, weight loss per week, or SMART goals. If you dismiss the alert, you will be presented with a very important information screen—please read it over carefully.
- Guide 5 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.7 Guide 6 – “Trim the Fat”



Figure 33 - Guide 6 button

This guide is a **two-week** course. The MOVE! Coach App will unlock the next guide after two weeks from the time you started Guide 6.

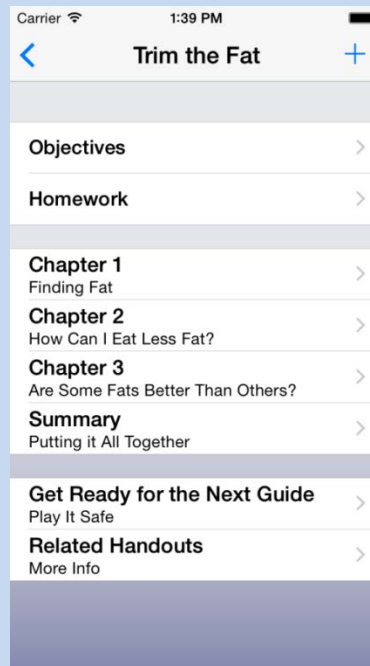


Figure 34 – Trim the Fat

Guide 6 tasks (Figure 34):

- You will review the list of objectives for Guide 6.
- You will review homework items scheduled for Guide 6.
- You will complete an interactive fat-finding worksheet where you are asked to identify fatty foods in your diet. Once you have identified a fatty food you will be asked to choose a way to reduce fat intake from that source by doing one of the following (take your time to make real changes you can maintain):
 - Eating that food less often.
 - Eating less of that food.
 - Replacing the food with a healthier food choice.
- You will watch a video titled “**Trim the Fat**” to learn about ways to decrease calorie intake by decreasing fat intake in your diet.
- Take a physical activity break, tap on the video titled “**Mid-back Stretch.**”
- You will watch a video titled “**Are some Fats Better than Others?**” where you will learn about the fat sources in our diet, and how to choose the best fats.
- Guide 6 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.8 Guide 7 – “Play it Safe”



7 Play it Safe

Figure 35 - Guide 7 button

This guide is a **two-week** course. The MOVE! Coach App will unlock the next guide after two weeks from the time you started Guide 7.

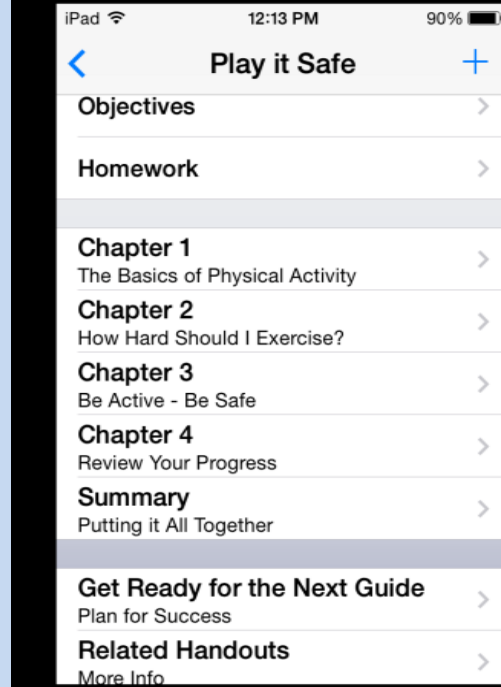


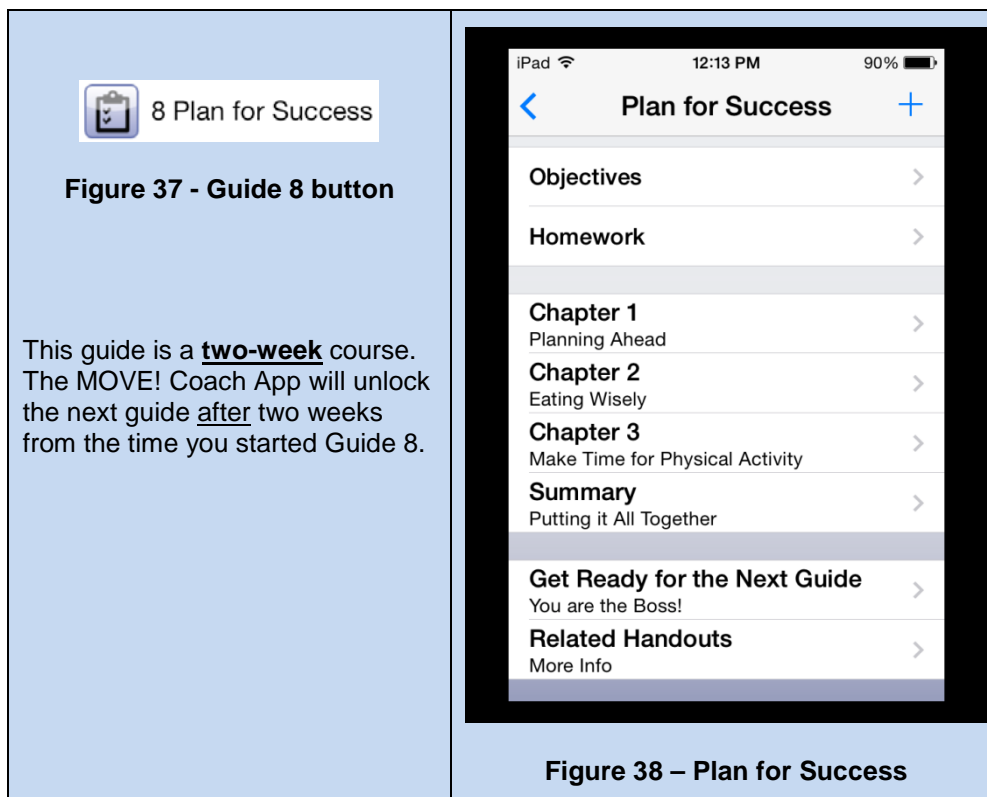
Figure 36 – Play it Safe

Guide 7 tasks (Figure 36):

- You will review the list of objectives for Guide 7.
- You will review homework items scheduled for Guide 7.
- You will watch a video titled “*The Basics of Physical Activity*” and learn that being active provides great benefits.
- You will read information describing the ‘Physical Activity Guidelines for Americans’.
- You will watch a video titled “*How Hard Should I Exercise?*” and learn the F.I.T.T. formula to evaluate your activity plan.
- You will be introduced to examples of both moderate and vigorous types of physical activity.
- Take a physical activity break, tap on the video titled: “*Side Bends.*”
- You will watch a video titled “*Be Active, Be Safe*” which stresses important ways to maintain a safe physical activity plan.
- You will be offered another opportunity to “*Up the ante*” (increase/update your goals) – If you select “Yes” this alert will provide you with suggestions about ways to challenge yourself. You will then have the opportunity to update any of your goals including: weight, weight loss per week, or SMART goals. If you dismiss the alert, you will be presented with a very important information screen; please read it over carefully.
- After you “Up the Ante” you will have the chance to complete a progress review worksheet where you will enter answers to questions about any changes you have made since starting with MOVE! Coach. You will also have another opportunity to take your picture.

- Guide 7 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.9 Guide 8 – “Plan for Success”



Guide 8 tasks (Figure 38):

- You will review the list of objectives for Guide 8.
- You will review homework items scheduled for Guide 8.
- You will watch a video titled: **“Lose Weight Planning Ahead”** to review ideas on how to plan ahead.
- You will then complete an interactive worksheet that will help you continue to make a plan to reach your weight loss goals.
- You will watch a video titled: **“Eating Well on a Budget”** to learn that you can eat healthy and stick with your budget too.
- You will watch a video titled: **“Eating Wisely at Home”** which teaches the many benefits of eating at home.
- Next, you will play a game to select health alternatives to fast food items. This game will reinforce how to make healthier food selections by presenting an unhealthy fast-food item, such as French fries and matching it with a healthy replacement item such as a baked sweet potato.
- You will watch a video titled: **“Eating Wisely at a Restaurant”** for tips to keep dining fun and healthy.
- Take a physical activity break, tap on the video titled: **“Tandem Standing.”**

- You will fill out an interactive activity worksheet where you will enter all activities that were performed within the week.
- You will be given a list of activity ideas with additional information on how to build physical activity into your daily life.
- You will take another physical activity break using the video titled: ***“One Leg Stand.”***
- Guide 8 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.10 Guide 9 – “You are the Boss”

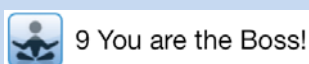


Figure 39 - Guide 9 button

This guide is a **two-week** course. The MOVE! Coach App will unlock the next guide after two weeks from the time you started Guide 9.

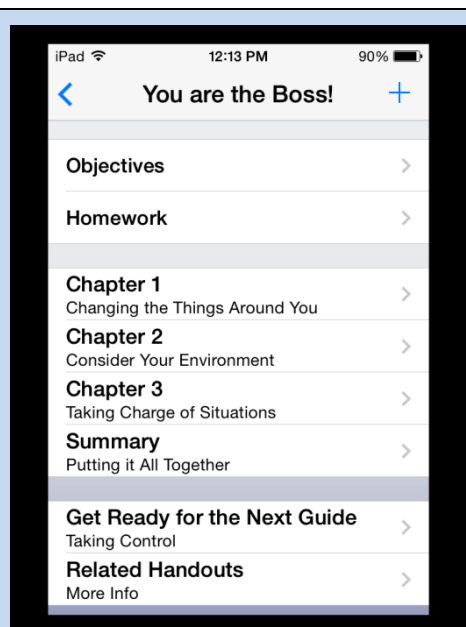
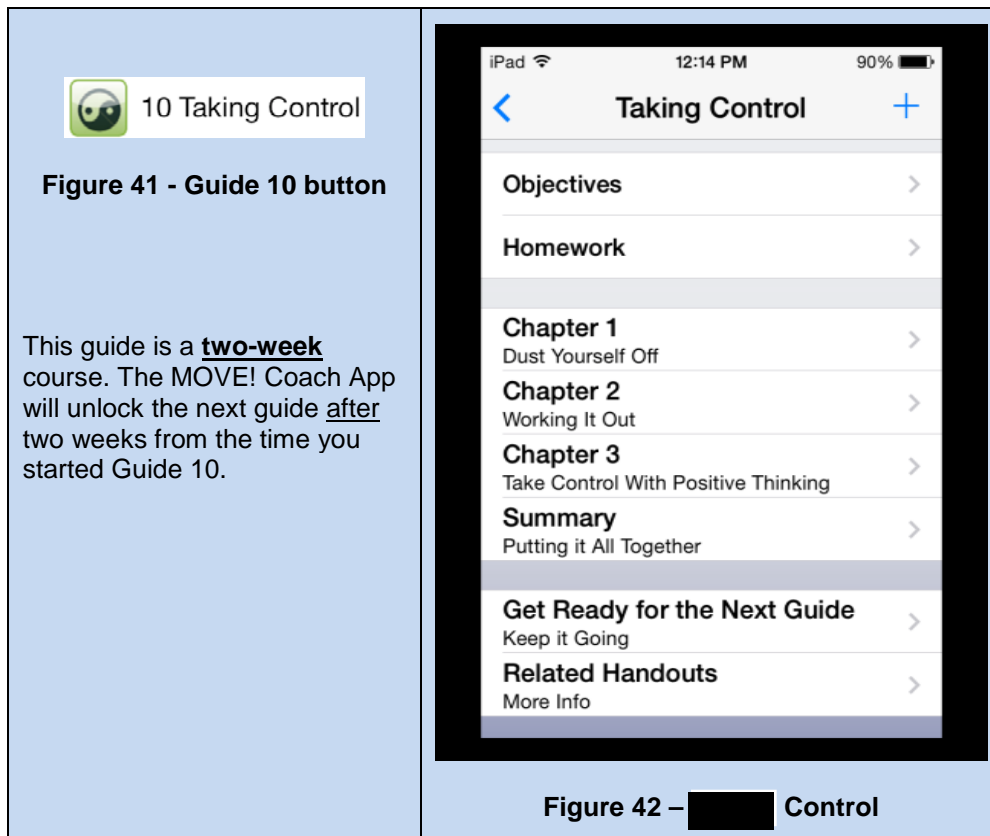


Figure 40 – You are the Boss!

Guide 9 tasks (Figure 40):

- You will review the list of objectives for Guide 9.
- You will review homework items scheduled for Guide 9.
- You will watch a video titled: ***“Changing the Things Around You”*** to help identify internal and external behavior cues and tips for managing them.
- You will complete an interactive worksheet about negative triggers in your environment. You will be asked to enter things that trigger you to overeat or be less active and to list any unhealthy foods currently found in your home. Once you have entered your answers, you will then determine ways you might change a trigger or eliminate an unhealthy food.
- Take a physical activity break, tap on the video titled: ***“Knee Extension.”***
- You will learn about taking charge of situations, and will review worksheets about eating with others and how to control your behaviors.
- Guide 9 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.11 Guide 10 – “Taking Control”



Guide 10 tasks (Figure 42):

- You will review the list of objectives for Guide 10.
- You will review homework items scheduled for Guide 10.
- You will watch a video titled: ***“Dust Yourself Off”*** to help identify where you have had difficulties and how to avoid problems in the future.
- You will watch a video titled: ***“Working it Out”*** which shows an example of a chain of events that can lead to a slip.
- You will complete an interactive worksheet called ***“Working it out.”*** Here you will identify a problem and the chain of events that led to the problem. You will then determine how to break that chain to eliminate unwanted behaviors.
- Take a physical activity break, tap on the video titled: ***“Standing Kick.”***
- You will watch a video titled: ***“Take Control with Positive Thinking.”***
- Here you will be offered another opportunity to ***“Up the ante”*** (increase/update your goals). If you select “Yes”, this alert will provide you with suggestions about ways to challenge yourself. You will then have the opportunity to update any of your goals including: weight, weight loss per week, or SMART goals. If you dismiss the alert, you will be presented with a very important information screen; please read it over carefully.
- Guide 10 ends with a summary of what you completed in the guide. You will be given information to get ready for the next guide, and check out additional resources that are available.

2.1.12 Guide 11 – “Keep it Going”



Figure 43 - Guide 11 button

This final guide is a **two-week** course, which marks the end of this 19-week program.

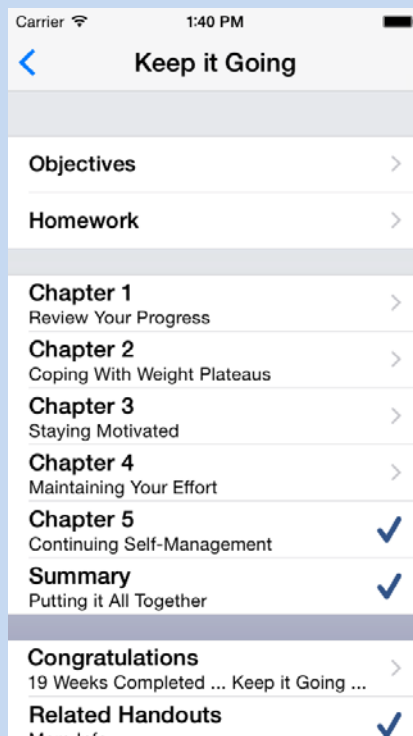


Figure 44 – Keep it Going

Guide 11 tasks (Figure 44):

- You will review the list of objectives for Guide 11.
- You will review homework items scheduled for Guide 11.
- Here you have the chance to complete a progress review worksheet where you will enter answers to questions about any changes you have made since starting with MOVE! Coach.
- You will watch a video titled: **“Coping with Weight Plateaus”** to help you stay on track even during difficult weight plateau periods.
- You will review a worksheet on **“Handling weight plateaus.”**
- Take a physical activity break, tap on the video titled: **“Leg Extensions.”**
- You will watch a video titled: **“Staying Motivated”** for tips on keeping motivation high.
- You will review the handout **“Dealing with Boredom”** which illustrates ways to stay involved, and incorporate a variety of activities into your physical activity routine to prevent drop-out and boredom.
- You will watch a video titled: **“Maintaining Your Weight Management Efforts”** for tips on how you can keep it going!
- Your final exercise is to review the worksheet **“Yes You Can Keep that weight off.”** Here you will learn about things to consider when making a plan to maintain your weight loss. This handout helps prepare you to make a plan for continued success.
- Next, you will receive some final words on how to continue self-managing your weight.

- Congratulations, you have completed the 19 week MOVE! Coach program of weight self-management! Guide 11 ends with a summary of what you completed in the guide. You can share your achievement with your Twitter and Facebook followers, and check out additional resources that are available.

2.2 How to Solve Problems

Solving problems is a very important strategy for both weight loss and weight loss maintenance. This section (Figure 45) offers strategies and guidance to help overcome common problems encountered in weight management. Multiple solutions/strategies are offered to help you find one that works best for you.

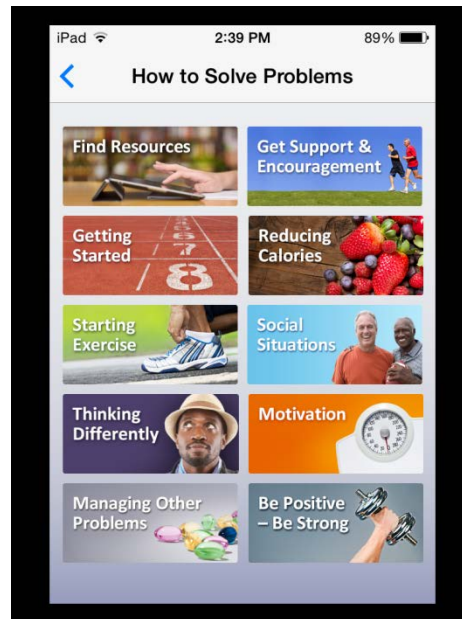


Figure 45 - How to Solve Problems sub-menu

2.2.1 Find Resources



All MOVE! handouts are available in this section, separated by topic (Figure 46). Tap on a topic then tap on a subject to open the associated handout (PDF).

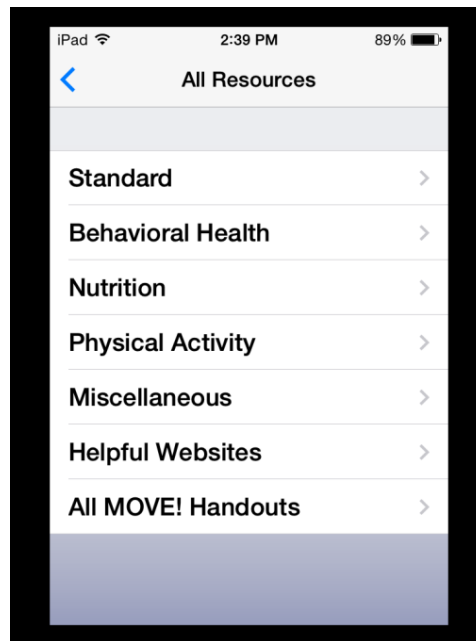


Figure 46 - Find Resources sub-menu

2.2.2 Getting Started



When you have difficulty getting motivated to start or continue your weight management program, you can visit 'Getting Started' for additional guidance (Figure 47). Tap on a subject to open the associated handout (PDF).

**Note: The following sections under the 'How to Solve Problems' option also provide a list of MOVE! handouts related to the listed subject: 'Starting Exercise', 'Thinking Differently', 'Managing Other Problems', 'Reducing Calories', 'Social Situations', and 'Motivation'.*

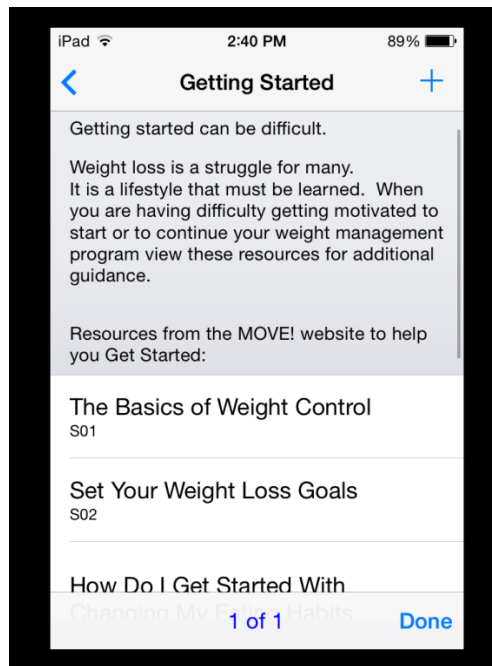


Figure 47 - Getting Started screen

2.2.3 Starting Exercise



Many people just don't like it. So how do you get started? Here you will find resources to help set goals, stay engaged, and avoid boredom with physical activity. Tap on a subject to open the associated handout (PDF).

2.2.4 Thinking Differently



Thoughts and feelings drive everything we do. It's important for you to be positive to reach your goals. When having a tough day, visit this button for resources. Tap on a subject to open the associated handout (PDF).

2.2.5 Managing Other Problems



Oftentimes we deal with other issues outside of managing our weight. Here, users can find resources that can help manage additional problems such as depression, pain, and to get support to quit smoking! Tap on a subject to open the associated handout (PDF).

2.2.6 Get Support & Encouragement



There are various ways you can get support and encouragement throughout your weight loss journey (Figure 48). Here you can add support contacts from the iOS Contacts App or create a new contact—new entries are also added to the Contacts App (Figures 49-51). You will also find additional support websites and call center phone numbers in this location (Figure 52). Finally, you can post a message to social media—Twitter and/or Facebook (Figure 53)—to solicit support from your followers (social media account credentials must be configured in the iOS Settings app). Additional help is built-in for guidance along the way.

**Note: The ability to make a phone call, send texts, or send an email using an iPad is very limited. To place a phone call would require the FaceTime app installed and configured on the device using a valid email address or Apple ID (in the iOS Settings app → FaceTime), a Wi-Fi or cellular connection (i.e. service from a cellphone provider), and the target contact to have an Apple device—with FaceTime installed—to receive the call; FaceTime will not work when calling a non-Apple device or a landline (i.e. service provided by a traditional telephone carrier). To send a text message would require the iMessages feature to be setup using an Apple ID on the device (in the iOS Settings app → Messages), a Wi-Fi or cellular connection, and the target contact to have an Apple Device setup to receive iMessages as well. To send an email would require an email account setup on the device (in the iOS Settings app → Mail, Contacts, Calendars), the Mail app installed, a Wi-Fi or cellular connection, and the target contact to have a valid email address. FaceTime is available on later generation Apple iPhones, iPads, iTouches, and Mac computers (desktops and laptops).*

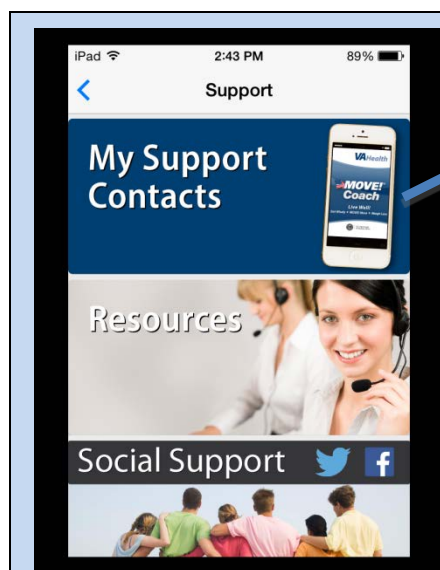


Figure 48 – ‘Get Support & Encouragement’ screen

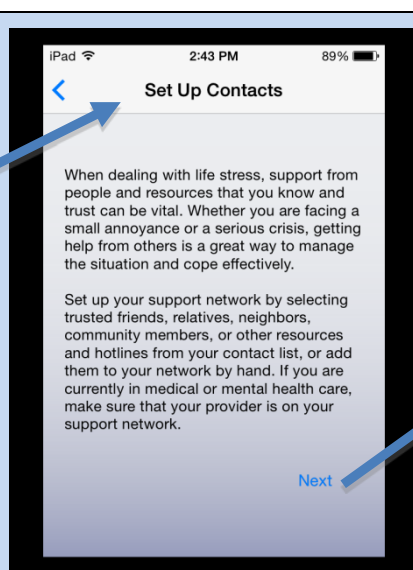


Figure 49 – ‘Set Up Contacts’ screen

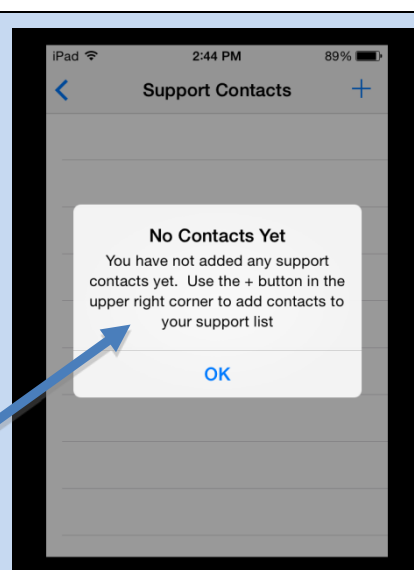


Figure 50 – No Contacts Yet

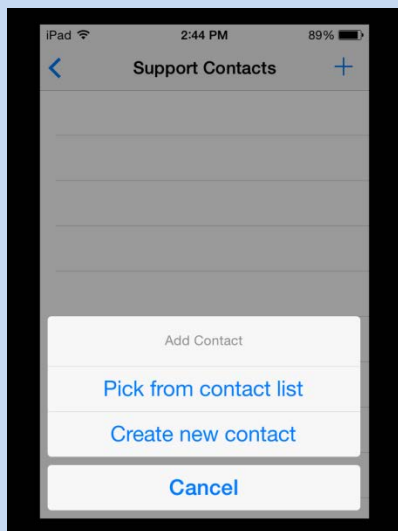


Figure 51 – Add A Contact

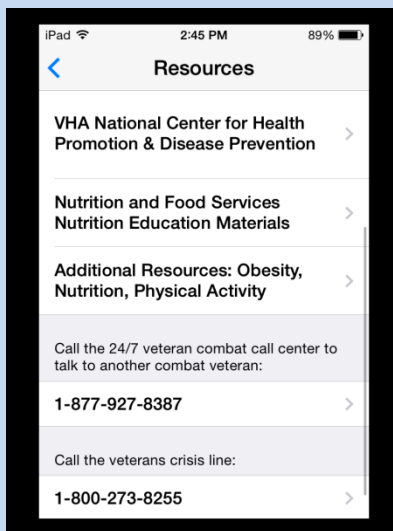


Figure 52 – ‘Resources’ screen

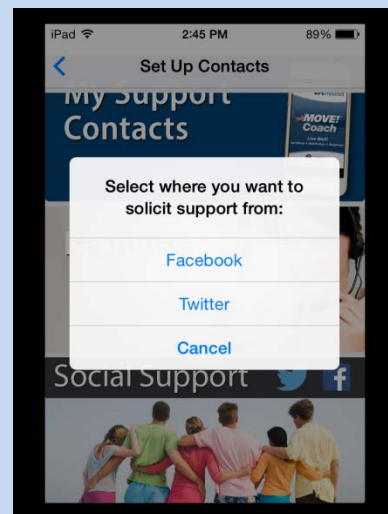


Figure 53 – ‘Social Support’ screen

2.2.7 Reducing Calories



This section provides resources to help you make healthy choices for reducing calories. Cutting calories is an important aspect of weight management that can be challenging at first, and as you begin to lose weight. You will find a variety of information here. Tap on a subject to open the associated handout (PDF).

2.2.8 Social Situations



These can be tempting, and a real trigger for weight management set-backs. Before going to a party, celebrating holidays, or having dinner with friends, visit the Social Situations button for tips and tricks! Tap on a subject to open the associated handout (PDF).

2.2.9 Motivation



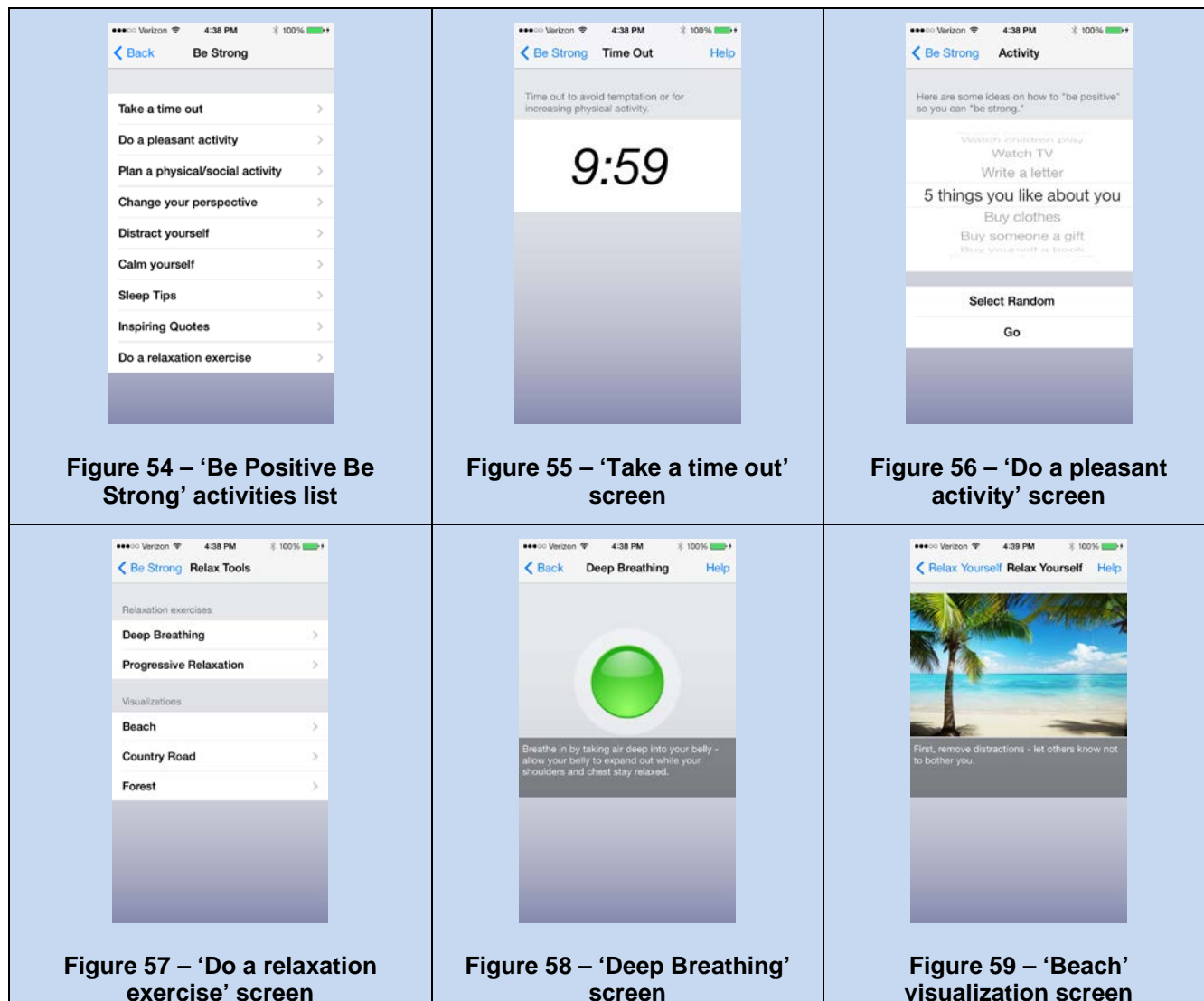
Motivation will likely ebb and flow throughout a 19-week program. That’s normal. However, to pick yourself up before a set-back, visit the Motivation button to feel energized again! Tap on a subject to open the associated handout (PDF).

2.2.10 Be Positive, Be Strong

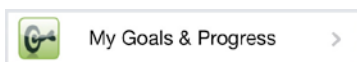


This section provides interactive resources to keep you strong, motivated, and successful. Here you can find ideas for pleasant activities to distract or reward yourself such as reading inspiring quotes, taking a

10-minute timeout to re-group, or doing a relaxation exercise— tap on an activity and follow the instructions. Below are some examples of the activities available (Figure 54 through 59):



2.3 My Goals & Progress



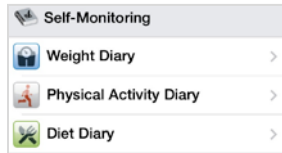
MOVE! Coach Mobile provides a selection of resources to assist with tracking your progress. In this section, you will find:

- Progress reports
- Graphs of your weight, physical activity, and diet
- Your weight, food and physical activity diaries
- Graphs to illustrate your weight progress
- Graphs that illustrate meeting your goals for physical activity and diet
- Calculators to estimate your BMI, calories burned with exercise, and a way to gauge just how hard you are doing your physical activity

- Summaries for entries from each self-management guide
- Summaries about energy balance to include calories eaten vs. calories burned
- Summaries of steps walked and a map simulator showing the distance you've walked
- Reports for meals, nutrients, and physical activity

Additional help screen are located throughout this section to guide you.

2.3.1 Self-Monitoring



Recording everything you eat and drink, and how much physical activity you are getting is one of the most important things you can do to achieve your weight management goals.

To help you have a better understanding of just how many calories you are taking in and burning, we've made entry diaries readily available for you to enter what you eat, drink, and burn.



The diaries will provide a 'calories under goal' number at the end of each day. This number is the amount of calories you have burned for the day, and will be portrayed as a negative number.

- For example, if your calorie goal is 1,700 calories per day, and at the end of the day your total calories eaten was 1,450 calories, you will be 250 calories under your goal.

On the other hand, if you exceed your calorie goal, you will have a positive number.

- For example, if your calorie goal is 1,700 and you were not able to make it to the gym, your total calories for the day may be 2,100 or 400 calories over your goal for the day.

There will be additional help screens within each diary to help guide you.

To view the daily entry logs, create a new entry , or delete an existing entry  select (i.e. tap on) one of the diary buttons under the Self-Monitoring category. Each of these diaries will take you through a variety of screens designed to help you log/delete, track and categorize your weight loss, exercise, and eating activities:

- Weight Diary (Figures 60 through 62)
- Physical Activity Diary (Figures 63 through 66)
- Diet Diary (Figures 67 through 71)

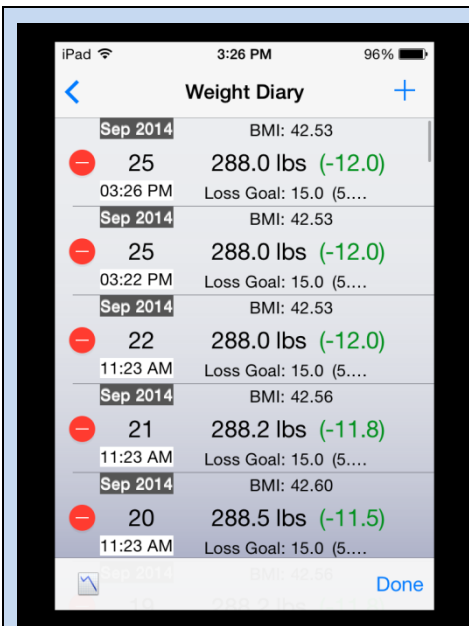


Figure 60 – Weight Diary screen

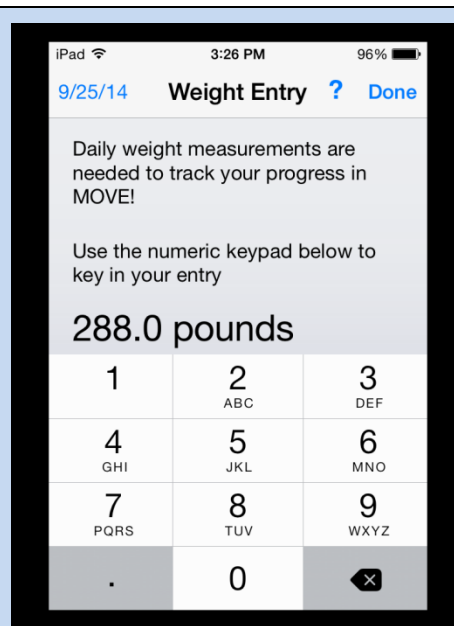


Figure 61 – Enter a new weight

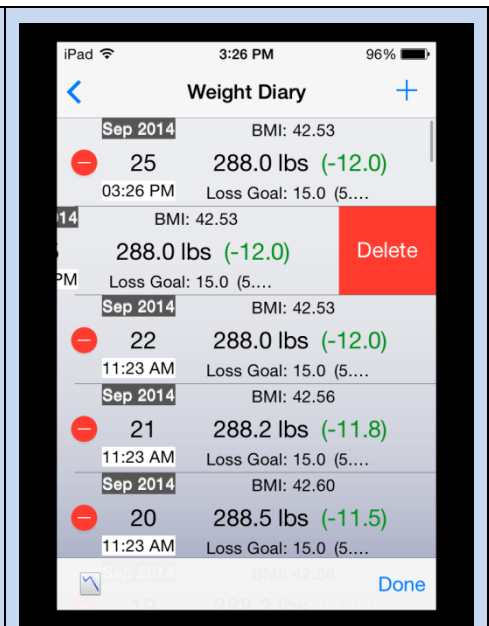


Figure 62 – Delete a weight

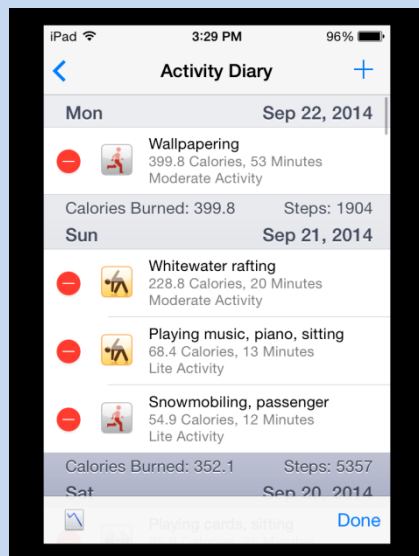


Figure 63 – Activity Diary screen

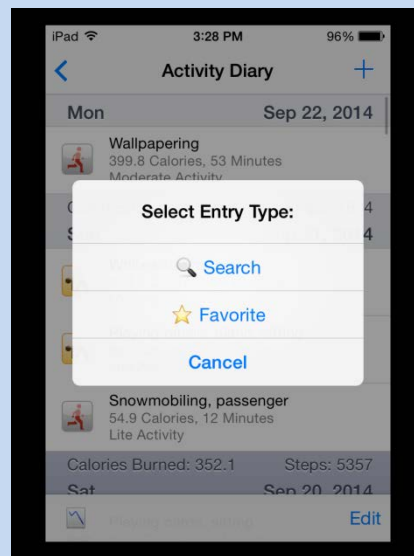


Figure 64 – Select entry type

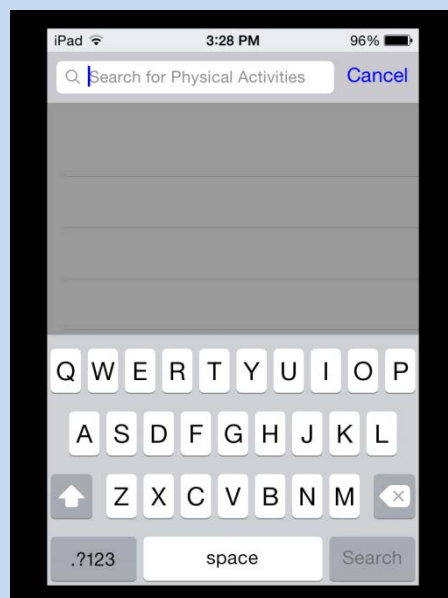


Figure 65 – Search for activities

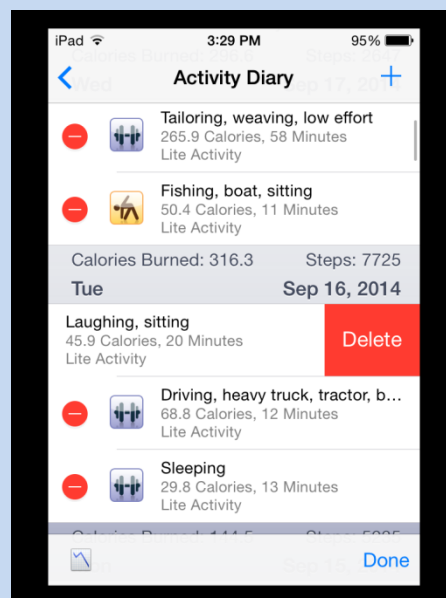


Figure 66 – Delete an activity



Figure 67 – Diet Diary screen

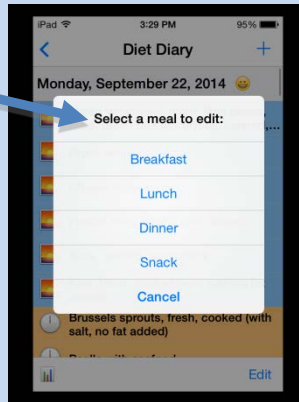


Figure 68 – Select a meal to edit

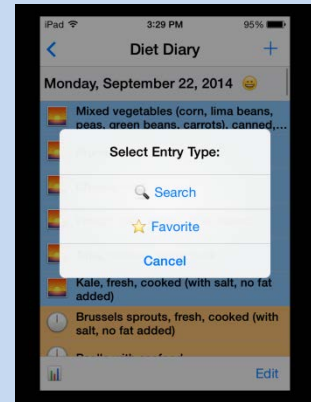


Figure 69 – Select Entry Type

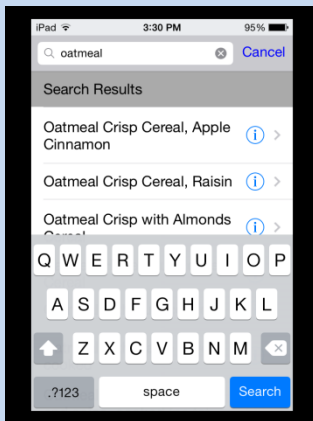


Figure 70 – Search for food

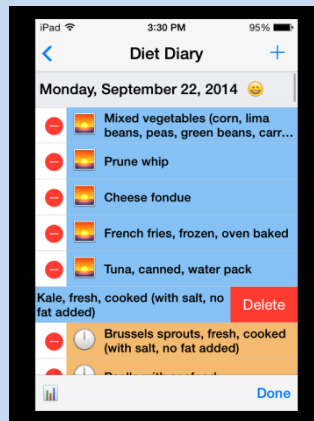


Figure 71 – Delete a diet entry

2.3.2 My Goals



Creating and monitoring your own personal weight loss goals will keep you on track. The “My Goals” section is your action plan for decreasing calorie intake and increasing physical activity. It provides the road map to help you succeed and gives a clear picture of where you want to be and how to get there. You can even challenge your friends to join you in the journey.

2.3.2.1 Weight Loss Goals

Weight loss goals are initially entered in the ‘Self-Management Guides’ (Guide 1, Chapter 3) but can also be entered and updated in the ‘My Goals & Progress’ section.

Here you will explain why you have chosen to join MOVE! and what you hope to gain, as well as enter a value in one of the following fields (Figure 72): Weight Loss Goal (in number of pounds), Weight

Loss Goal (as a percentage of your current weight) or Target Weight; the other two fields will be automatically calculated.

Next, you will choose the amount of weight loss expected per week—a healthy weight loss range per week is from ½ pound to 2 pounds (Figure 73).

The selectable amounts offered are:

- ½ pound per week
- 1 pound per week
- 1 ½ pounds per week
- 2 pounds per week

Keep in mind that what you select will change the amount of time it takes to reach your goal weight. It will also change the amount of calories allowed for your daily calorie goal.

Once all the weight goal information is entered, all related information will be summarized on a ‘Status & Goals Report’ on the last screen (Figure 74).

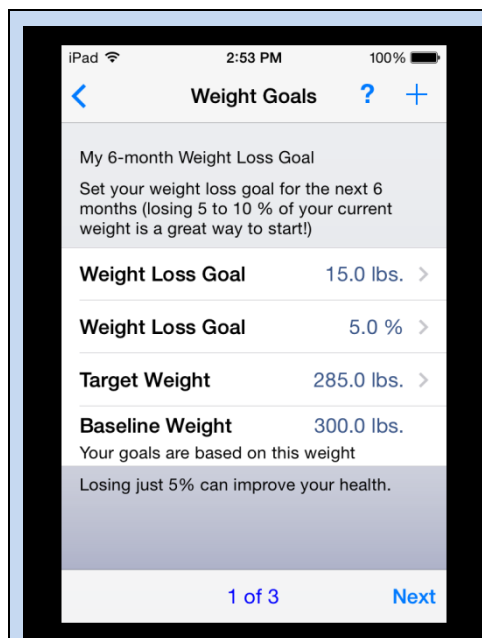


Figure 72 – Weight Goals screen 1

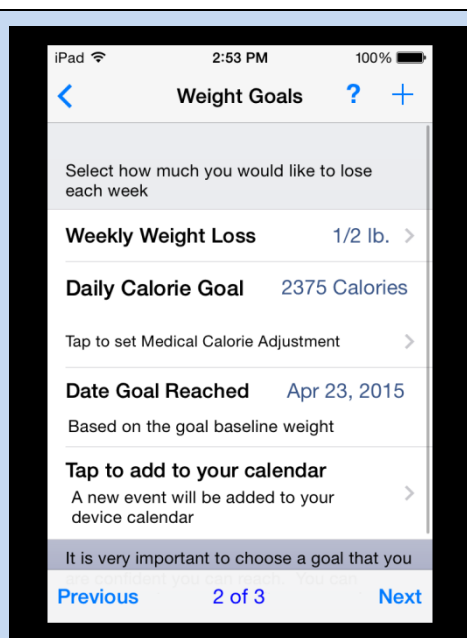


Figure 73 – Weight Goals screen 2

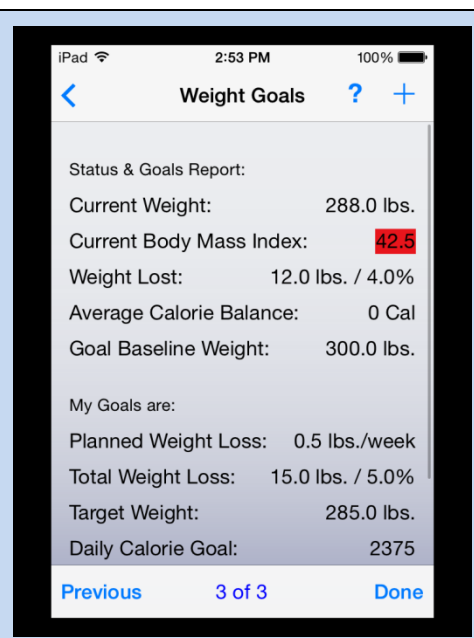


Figure 74 – Weight Goals screen 3

Date Goal Reached:

This date is determined by using your baseline weight and your selected weekly weight loss (½ -2 pounds per week).

Tap to add to your calendar:

To add your ‘Date Goal Reached’ to your personal calendar, simply tap on the button located under the date field and select ‘OK’ when asked if “MOVE Coach Mobile can access your calendar” (Figure 75). You will then be directed to your calendar where you can modify this event if you choose (Figure 76). Press ‘Done’ to complete.

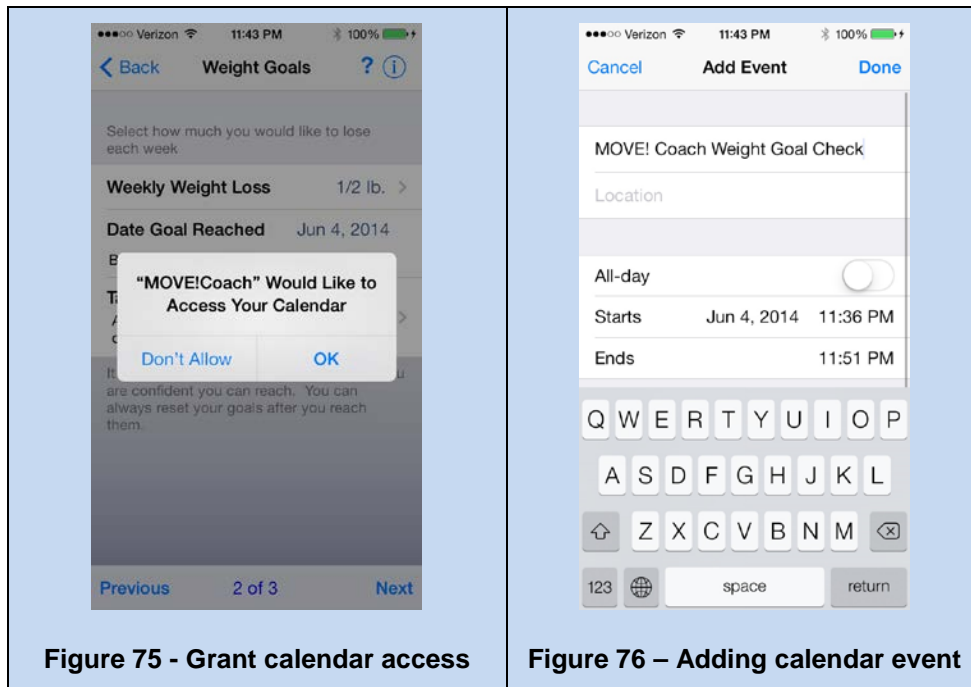


Figure 75 - Grant calendar access

Figure 76 – Adding calendar event

2.3.2.2 Physical Activity Goals Physical Activity Goals

Physical Activity SMART Goals are initially entered in the ‘Self-Management Guides’ (Guide 1, Chapter 4) but can also be entered and updated in the ‘My Goals & Progress’ section.

Goals are a road map to help you succeed: they give you a clear idea of where you want to be and how to get there. Creating a SMART Physical Activity goal is very useful because it is:

- **Specific:** You choose concrete actions to help you reach your goal. Choose specific activities you can do to improve your health.
- **Measurable:** You choose how much will be done and how you will know when the goal has been achieved. Ask yourself, what, how much, when, and how often?
- **Action-oriented:** You commit to take action to achieve your goal. Focus on behavior, not outcome (e.g. walk 30 minutes per day vs. lose 2 pounds)
- **Realistic:** Your goal is achievable given available time and resources.
- **Time-based:** Your goal can be completed within a specified time frame. Start with a short time frame (e.g. 1-2 weeks so you can monitor your actions).

Examples:

1. I will walk briskly for at least 15 minutes at least 5 days a week, starting Monday.
2. I will take the stairs up the 3 flights to my office at least once each day that I am at work this week.
3. I will do 20 minutes of lower extremity strengthening exercises 3 times this week.

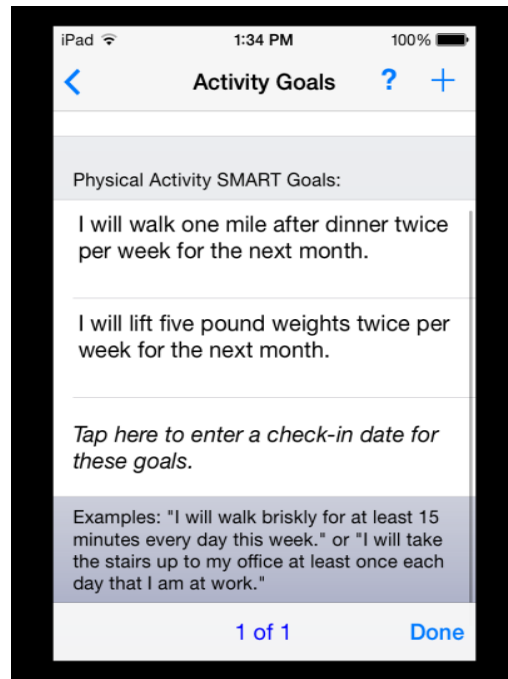


Figure 77 - Activity Goals screen

2.3.2.3 Dietary Goals Dietary Goals

Dietary SMART Goals are initially entered in the ‘Self-Management Guides’ (Guide 1, Chapter 4) but can also be entered and updated in the ‘My Goals & Progress’ section.

Ask yourself: what, how much, when, and how often?

- Focus on behavior, not outcome (e.g., eat at least 2 cups of veggies per day vs. lose 2 pounds)
- Start small, then build on the goal over time (initial goals that are too ambitious often result in frustration or a sense of failure)
- Start with a short time frame (e.g., 1–2 weeks so you can monitor your actions)

Examples:

1. I will add a green salad to my dinner meal 2 nights per week for the next 2 weeks.
2. Starting tonight, I will eat at least 1 fruit or vegetable with each meal 4 days per week.
3. I will choose a fruit or vegetable for a snack instead of potato chips, candy, or cookies, when watching TV in the evening.

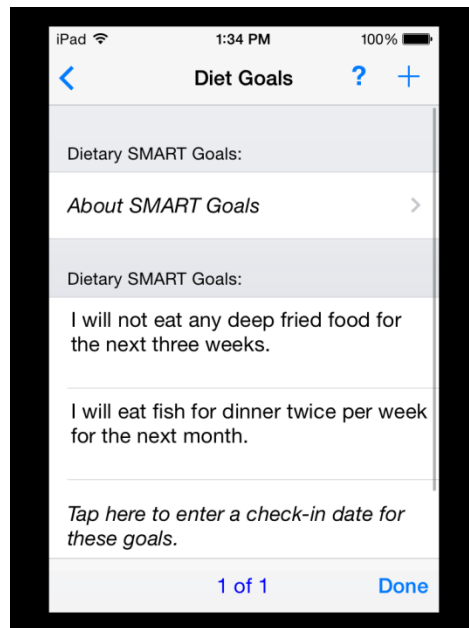


Figure 78 - Diet Goals screen

2.3.2.4 Challenge My Friends Challenge my Friends

Select how you would like to challenge your friends by tapping on one of the options on the screen: weight, diet, or physical activity (Figures 79-82).

For example, choose 'Weight Challenge'. On the next screen, tap 'Weight Challenge' and select which social media icon you'd like to post your social challenge to your followers. Next, type a message and select 'Post'.

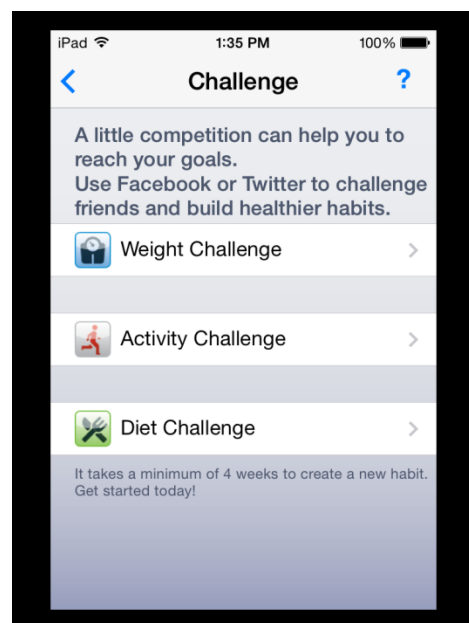


Figure 79 - Challenge My Friends screen

**Note: To post a message on Twitter and/or Facebook, your account credentials must be configured in the iOS Settings app.*

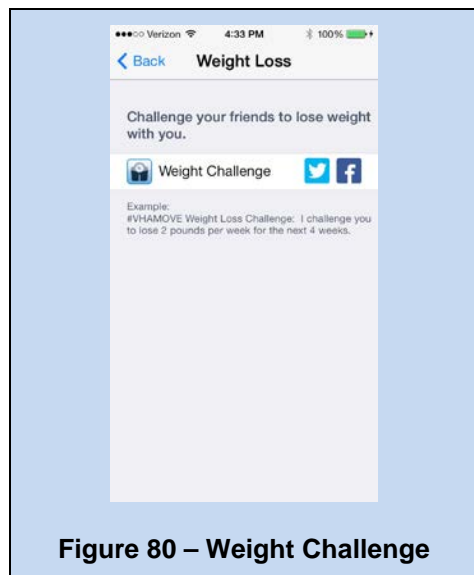


Figure 80 – Weight Challenge

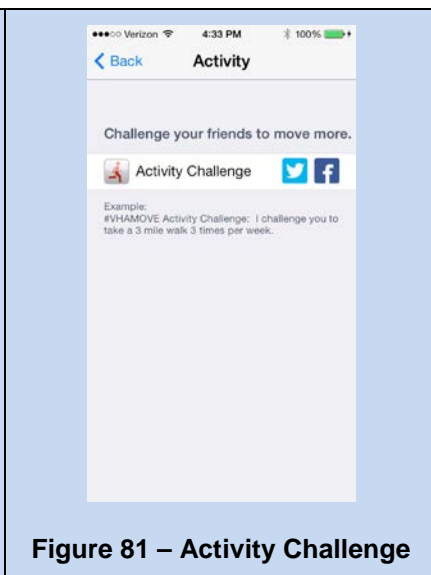


Figure 81 – Activity Challenge

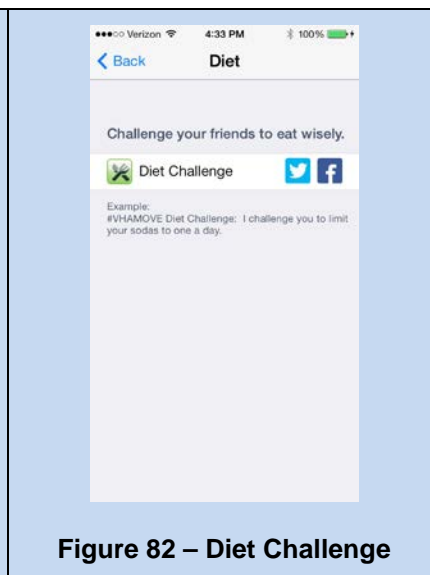
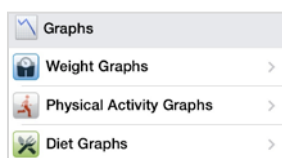


Figure 82 – Diet Challenge

2.3.3 Graphs



Graphs are available from both the Home screen (Figure 83) and the 'My Goals & Progress' section under the 'Graphs' category (Figure 84). On the home screen graph previews are displayed on the lower half of the screen, and change to full screen when the device is 'flipped over' to landscape mode. Under the 'My Goals & Progress' section, all graphs are available in full screen mode under both portrait and landscape orientations.

On the Home screen you can 'toggle' between the three types of graphs (i.e. weight, diet, and physical activity) (Figure 85); in the lower left-hand corner below 'My Goals & Progress' there is a button option for each type of graph. From both locations, you can toggle between various Duration values using the button in the lower right-hand corner (Figure 86).



Figure 83 – Graphs from Home screen

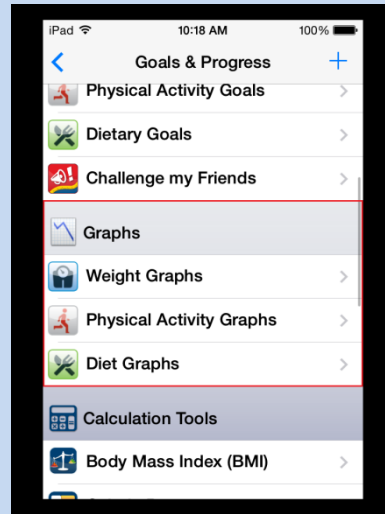


Figure 84 – Graphs from Goals screen



Figure 85 – Graph options



Figure 86 – Timeframe options

2.3.3.1 Weight Graph Weight Graphs

For every entry you make, and we hope that's daily, a new point will be added to the weight graph (Figure 87). Notice that on the bottom toolbar, you'll find a variety of time ranges you can select:

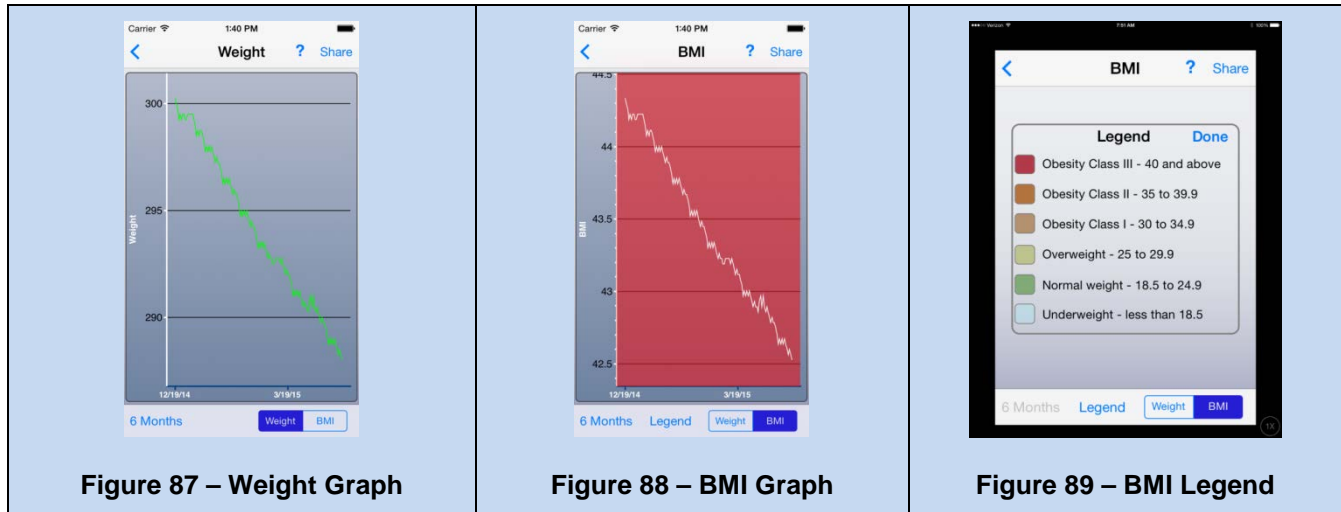
- 1D = 1 Day
- 1W = 1 Week
- 1M = 1 Month
- 3M = 3 Months
- 6M = 6 Months
- 1Y = 1 Year

- 2Y = 2 Years

This is a great way to track your weight progress as you move through the program and, continue tracking after the 19-week program ends. The graphs under the ‘My Goals & Progress’ section also toggle to a BMI graph (Figure 88) which is ‘color coded’—a legend is included to explain what each color represents (Figure 89).

**Note: When displaying graphs with a duration greater than 1 day, only the last entered weight will be used. Daily graphs will display all weights entered on that day.*

Hint: Try rotating your phone sideways for a larger view of the graph!



2.3.3.2 Diet Graph Diet Graphs

For every diet entry you make—and we hope that’s daily—a new value will be added to the diet graph (Figure 90, 91). Notice that your calories are added to the graph based on whether it was a meal or a snack, and designated by a color. **Blue** is Breakfast, **Yellow** is Lunch, **Red** is Dinner, and **Green** is for Snacks. These calorie entries will build upon one another to illustrate how many calories you have left to meet your daily calorie goal. In addition, notice that on the bottom toolbar you’ll find a variety of time ranges you can select:

- 1D = 1 Day
- 1W = 1 Week
- 1M = 1 Month
- 3M = 3 Months
- 6M = 6 Months
- 1Y = 1 Year
- 2Y = 2 Years

This is a great way to track your weight progress as you move through the program, and continue tracking after the 19-week program ends.

Hint: Tap on each bar of data to see a more detailed view.



Figure 90 – Diet Graph (portrait)

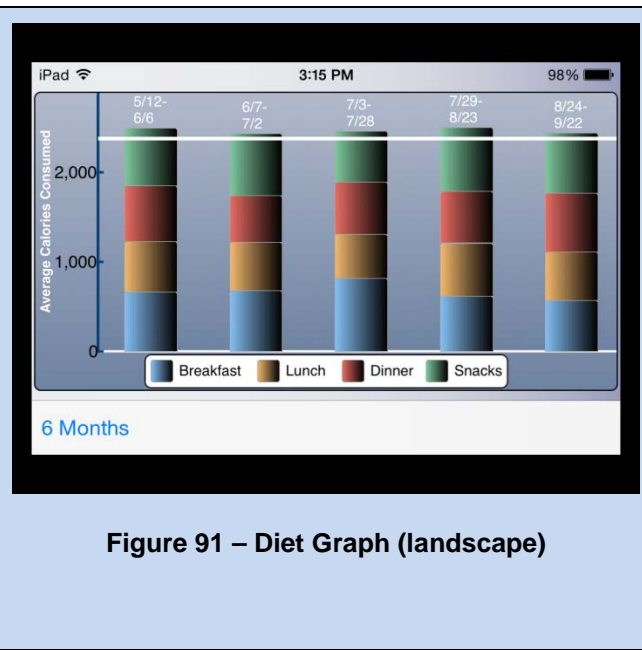


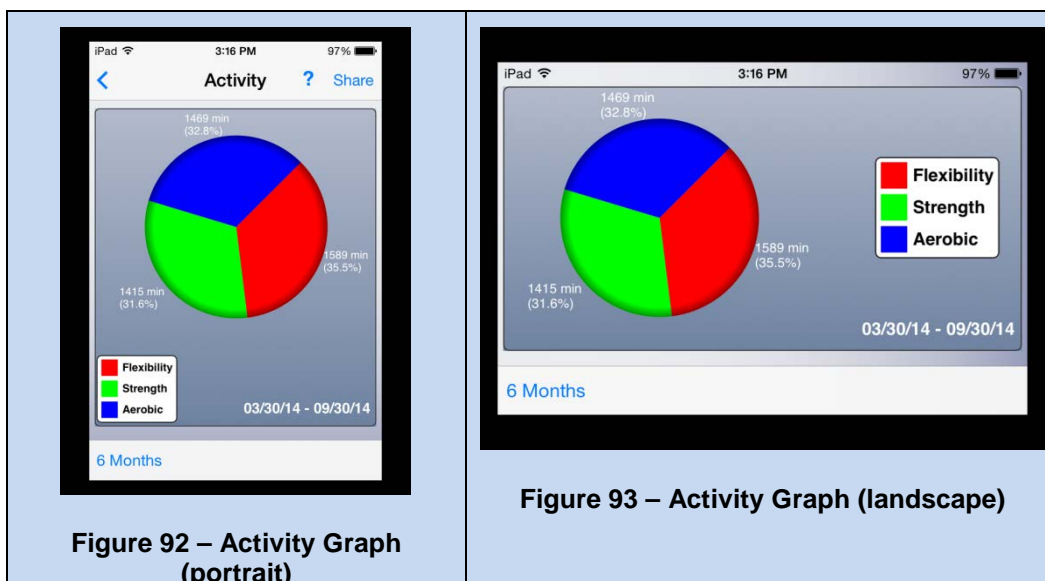
Figure 91 – Diet Graph (landscape)

2.3.3.3 Physical Activity Graph Physical Activity Graphs

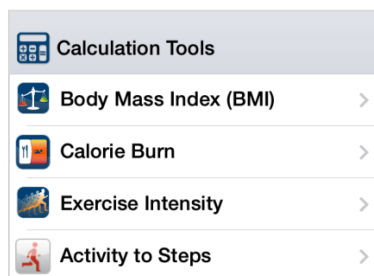
For every physical activity entry you make—and we recommend you record these daily—a new value will be added to the physical activity graph (Figures 92, 93). In addition, the “type” of activity is also shown in the pie graph based your selected activity. Red signifies Flexibility, Green signifies Strength, and Blue signifies Aerobic Activity. Notice that on the bottom toolbar, you’ll find a variety of time ranges you can select:

- 1D = 1 Day
- 1W = 1 Week
- 1M = 1 Month
- 3M = 3 Months
- 6M = 6 Months
- 1Y = 1 Year
- 2Y = 2 Years

This is a great way to track your weight progress as you move through the program and continue tracking after the 19-week program ends.



2.3.4 Calculation Tools



Different calculators can be used to assist you in achieving your weight loss plan, and may also help you to identify problem areas to focus corrective action, and may also help you identify areas where you can improve. The four calculators incorporated in MOVE! Coach include: Body Mass Index (BMI), Calorie Burn, Exercise Intensity, and Activity to Steps.

2.3.4.1 Body Mass Index (BMI) Body Mass Index (BMI)

Body Mass Index (BMI) is a number calculated from your weight and height. Calculating BMI is one of the best methods for assessment of excess weight and obesity. Because the calculation requires only height and weight, it is inexpensive, easy to use, and allows you to compare your own weight status to the general population. The first time you arrive at the BMI Calculator you will be presented with a Congratulations screen. The top two sections of the BMI Calculator screen (Figure 94) show your starting BMI (when you began using MOVE! Coach) and your current BMI values. You will also see a color in these two sections. The color corresponds with where your weight falls on the BMI chart (see next paragraph below) There will also be a text descriptor of where your weight currently is on the chart (i.e. normal, overweight, obese, etc.).

BMI Chart

To use this chart simply find your current height on the left side of the chart. Next, move across the chart to locate your current weight. Where your height and weight meet on the chart, that value is your current

BMI. Now, choose your goal weight and see what your goal BMI will be. Whenever you successfully lower your BMI, you will receive a congratulatory message from MOVE! (Figure 95).

How to: Calculate your Target BMI

Simply select your current weight, OR your goal weight and type this value in. The app will use your current entered height to calculate what your BMI would be at the weight you entered.

How To: Calculate your Target Weight

This calculator uses your target weight to calculate what your BMI would be. Simply type in your target BMI; a calculated weight will appear, with your calculated BMI for the weight that you entered.

BMI Categories

This option offers another way to see how the colors correspond with the different BMI levels.

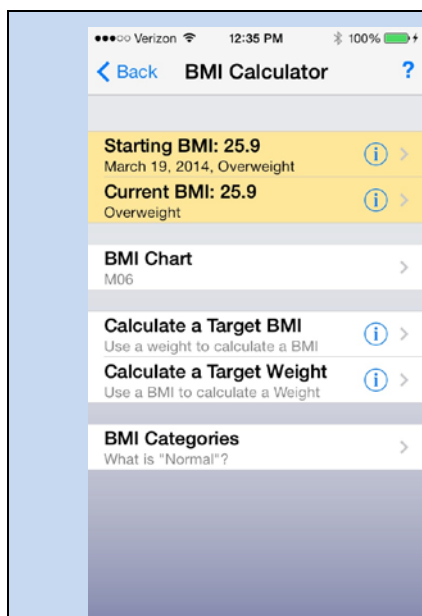


Figure 94 – BMI Calculator

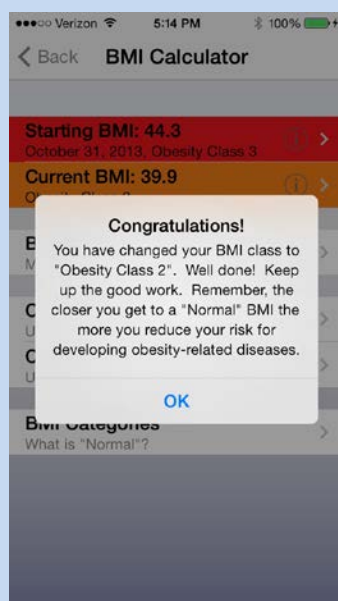
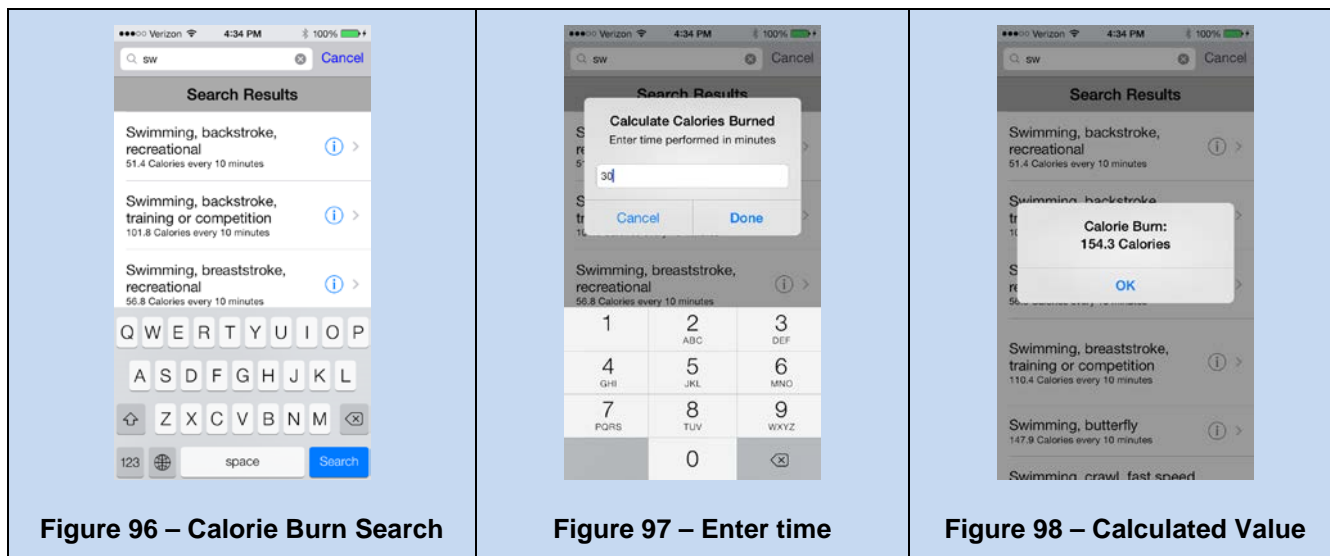


Figure 95 – BMI progress message

2.3.4.2 Calorie Burn Calorie Burn

Here you can search and select an activity to calculate the calories burned over a period of time. Type an activity into the search bar; select an activity by tapping on it (Figure 96). Next you will be asked to enter the amount of time you performed the activity in minutes (Figure 97). Tap 'Done' and you will be presented with the amount of calories burned for your entered activity and time (Figure 98).



2.3.4.3 Exercise Intensity Exercise Intensity

The Borg scale was created to help individuals self-assess how hard they feel they are working while exercising. Here you can use the Borg scale to determine your perceived exertion rating. Remember, MOVE! Coach recommends that physical activity be performed at a moderate intensity or greater, with your rating value between 12 to 15 on the Borg scale. To help you determine your rating value, you'll find activity descriptors on the ⓘ buttons located in the three color zones on the scale (Figure 99). For more detailed information on the Borg scale, please tap the ⓘ button on the upper-right portion of the exercise intensity screen.



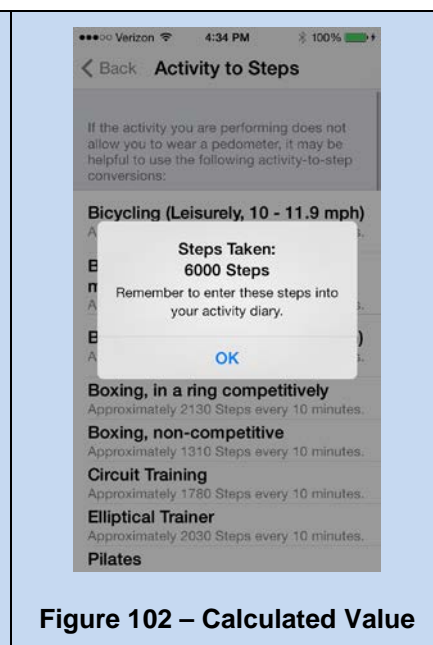
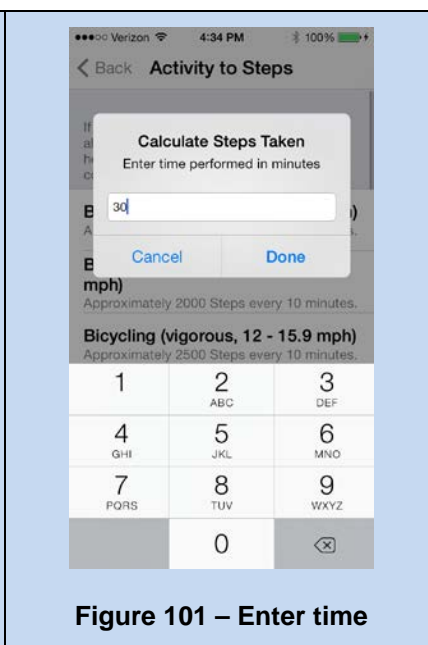
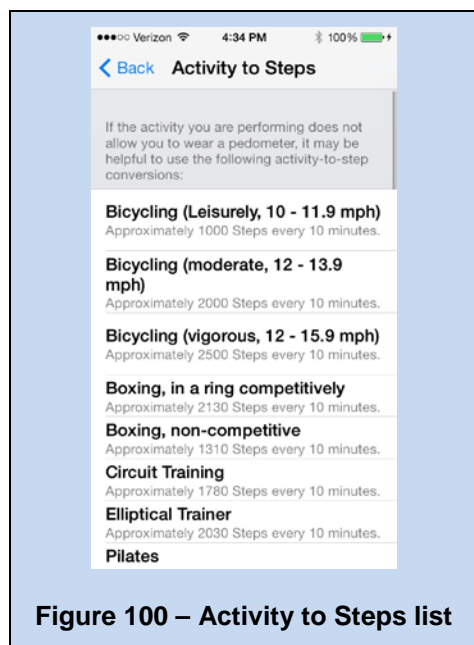
Figure 99 – Exercise Intensity Chart

2.3.4.4 Activity to Steps Activity to Steps

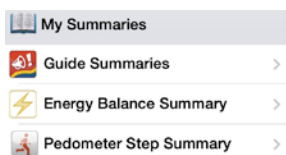
Many activities will not allow you to wear a pedometer (e.g. swimming) or a pedometer was not designed to accurately assess the steps taken for the activity (e.g. raking leaves). This calculator will assist you by converting some common activities into measured steps without using a pedometer. To use this calculator, simply locate your activity (each activity has a 10-minute step conversion listed—Figure 100) and tap to select your activity. You will then be offered an opportunity to change the amount of

time you performed the activity (Figure 101). You will enter the total amount of time performed in minutes, tap ‘Done’, and you will be presented with the total number of converted activity steps.

**Note: you will also be reminded to enter this step amount into your physical activity diary. If you do not enter it in the diary, you will not get credit for completing it.*



2.3.5 My Summaries



Here you may select the summaries of any completed self-management guides, energy balance summaries, or pedometer steps summary.

Energy balance and pedometer steps summaries can be generated from 1 day to 2 years!

Once the time frame is selected, you can share or print your summary report by clicking the "Share/Print" button in the upper-right-hand corner of the screen.

Summaries can be found in both the 'My Goals & Progress' and 'Self-Management Guides' sections.

2.3.5.1 Guide Summaries Guide Summaries

The summary reports for the Self-Management Guides (Figure 103) show those entries that are important in weight management.

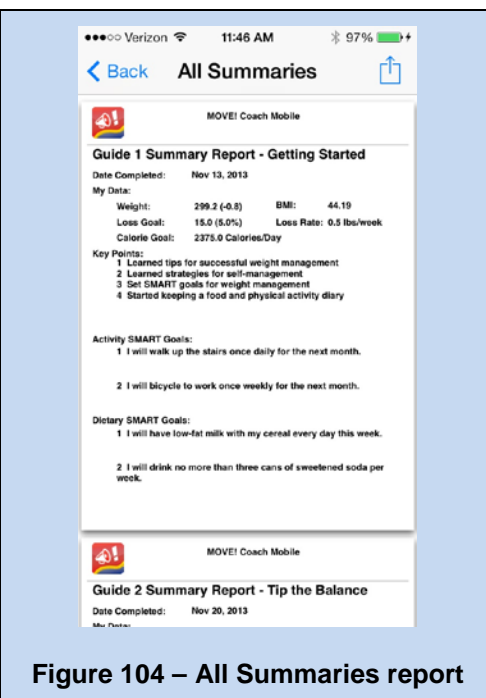
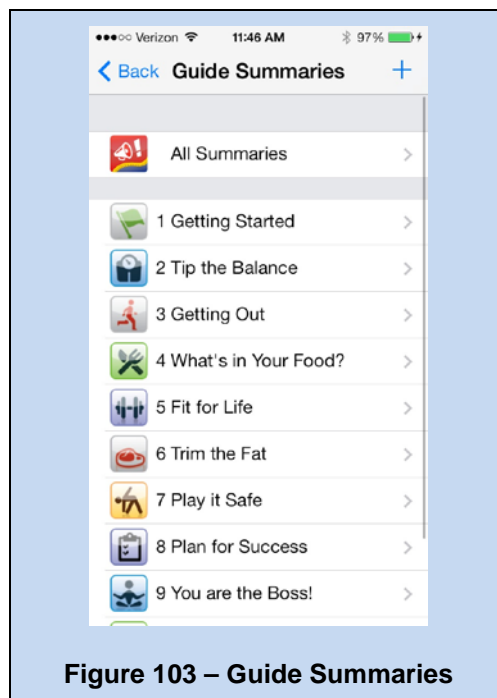
- "Current Weight" is the most recent weight you have entered in this app.
- "Current Body Mass Index," or BMI, is a number calculated using your height and weight. This number allows clinicians to assess your current overall health as it pertains to your weight. As

your BMI changes you may also see the color of the number change on the report, as seen on the All Summary page (Figure 104). Here is what the different colors mean:

- If your value is highlighted in **light blue**, it means that your BMI places you in the category of "Underweight" with a BMI below 18.5.
- If your value is highlighted in **green**, it means that your BMI places you in the category of "Normal weight" with a BMI of 18.5 to 24.9.
- If the color is **yellow** the category is "Overweight" with a BMI of 25 to 29.9.
- If it is **purple** the category is "Obesity level 1" with a BMI of 30 to 34.9.
- If it is **orange**, the category is "Obesity level 2" with a BMI of 35 to 39.9.
- **Red** means that your BMI places you in the category of "Extreme Obesity" with a BMI of 40 or greater.

The BMI categories of yellow, purple, orange, and red (as seen above) mean your weight is higher than recommended for your height. This number will gradually decrease as the weeks pass, and as you lose weight.

- "Weight Lost" shows two numbers: the first describes the number of pounds you have lost since your first weight entry into the app, and the second is the percent of weight you have lost.
- "Average Calorie Balance" illustrates the average amount of calories you have eaten in a week.
- The final section revisits the weight management goals that you set for yourself.



2.3.5.2 Energy Balance Summary Energy Balance Summary

Your Energy Balance graph (Figure 105) takes into account your calorie goal, how much you ate, and how much you exercised for the day. The graph has one horizontal line that shows your target calorie goal. On days when you stay under your calorie goal you will see a green bar beneath the horizontal line. This is what you will try to do on a daily basis to help reach your weight management goals. On days when you exceed your calorie goal a red bar will appear above the horizontal line. If you see this you may want to evaluate your food diary and physical activity diary to see where you may have had problems. Tap on a red or green bar to see details.

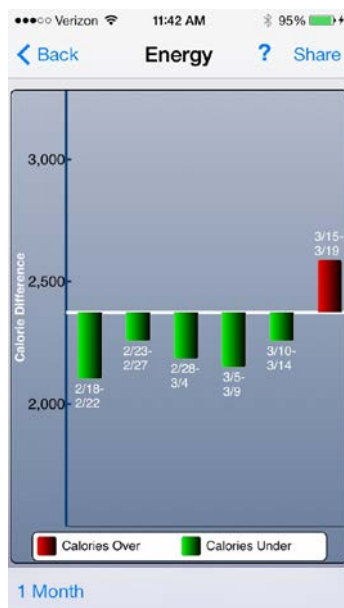
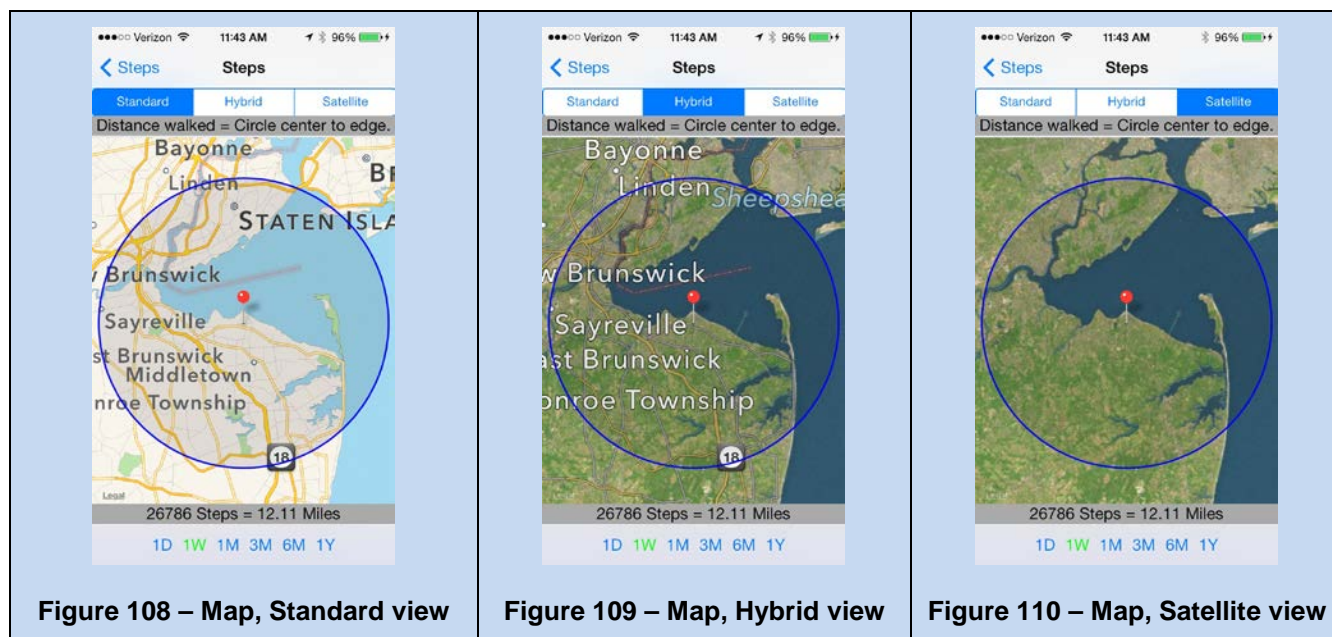
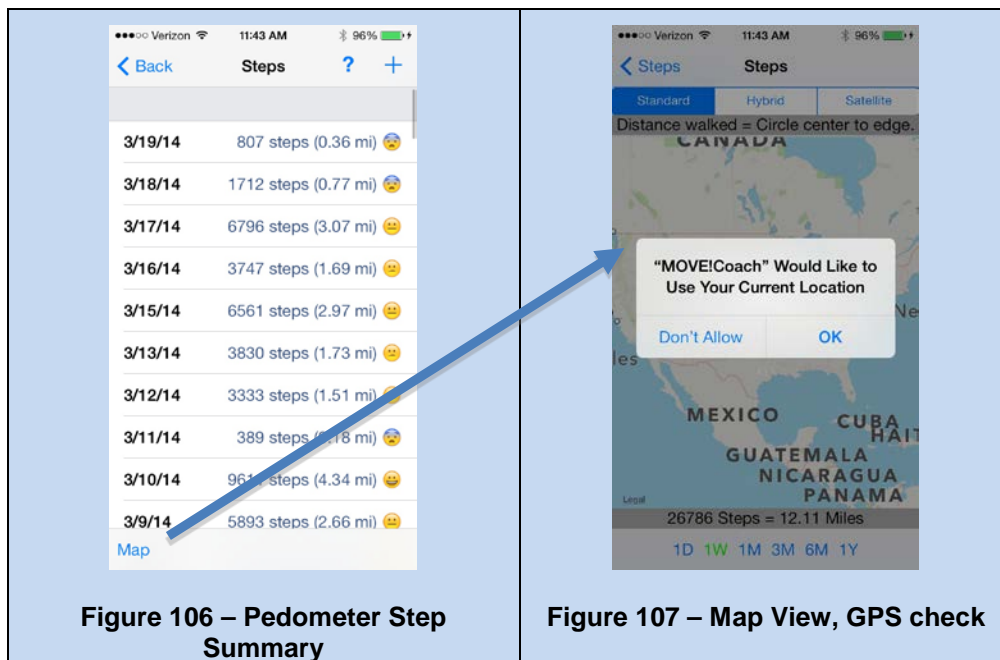


Figure 105 – Energy Balance Summary

2.3.5.3 Pedometer Step Summary Pedometer Step Summary

Here your cumulative steps are measured in miles (Figure 106). Tap the 'Map' button at the bottom-left to view the distance you would have walked on a map. If you have enabled location services on your device (Figure 107), the location will default to your current location. If not, you may select a city to use as a center point. Next, select a time period from the bottom of the map. The map—which can be viewed in standard (Figure 108), hybrid (Figure 109) and satellite (Figure 110) views—displays a circle. Imagine yourself standing at the center of the circle. Based on your number of steps for this time period, you could have walked to any point on the edge of the circle. Pretty amazing!



2.3.6 My Reports



Here you may select reports that show your weight, physical activity, diet, daily meals or nutrients. Each report can be generated from one day to two years, with the exception of the Daily Meal Report which is captured for any one day. After you have selected the report time frame, your individual report will be generated based on information you have entered. Once the report is created, you may choose to share them through Twitter, Facebook, email, or simply print yourself a copy.

2.3.6.1 Weight Report Weight Report


The Weight Report is a great way to see how your weight loss is progressing. It will show you how far you have come toward achieving success with your weight loss goals. You can choose your report to reflect as little as one day, all the way to two years! When you tap the Weight Report button you will be presented with up to seven weight report duration ranges from which to choose (Figure 111), including:

- 1 Day
- 1 Week
- 1 Month
- 3 Months
- 6 Months
- 1 Year

Once you have selected your desired time frame, you will go to a screen which shows your weight graph (Figure 112). Keep in mind that if you select one day you will have had to have entered more than one weight on that day. This report is usually generated for a week or longer.

**Note: if you have not yet entered any weights, you will see a blank graph.*

When you scroll down the page you will see a complete text report (Figure 113) for your entered weights. The report will show:

- Date range selected for report
- Number of total data points [weights] entered
- Starting weight on X date, with weight in pounds
- Ending weight on X date, with weight in pounds
- Total weight lost between above two dates, shown as X pounds lost and X % lost
- Complete list of all dates weights were entered and the corresponding amount entered in pounds
- You have the option to print, copy, or e-mail your full report, including the graph, by tapping on the print button  in the upper-right corner of the report screen, or you can share your results via Twitter or Facebook using the icons also located in the upper-right corner of the report screen.

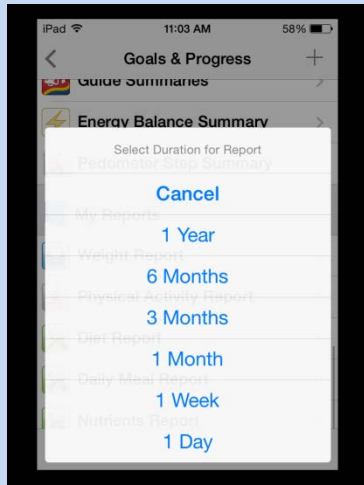


Figure 111 – Weight report, duration selection

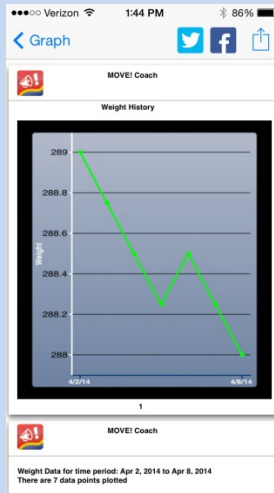


Figure 112 – Weight Report, graph



Figure 113 – Weight Report, details

2.3.6.2 Physical Activity Report Physical Activity Report

The Physical Activity Report is a great way to see how you have been exercising, and how far you have come toward achieving success with your physical activity goals. You can choose your report to reflect from as little as one day, all the way to two years! When you tap the Physical Activity Report button, you will be presented with up to seven physical activity report duration ranges from which to choose (Figure 114), including:

- 1 Day
- 1 Week
- 1 Month
- 3 Months
- 6 Months
- 1 Year

Once you have selected your desired time frame, you will go to a screen which shows your physical activity graph (Figure 115). For your prior entries (during the selected timeframe), new values were added to the graph. The entries are shown in a pie graph based on your selections. **Red** signifies a flexibility activity, **Green** signifies a strength activity, and **Blue** signifies aerobic activity.

**Note: If you have not yet entered any physical activity, you will see a blank graph.*

When you scroll down the page you will see a complete text report (Figure 116) for your entered physical activity. The report will show:

- Date range selected for report
- Activity Categories (Flexibility, Strength, Aerobic) listed by total time active and % of time spent in each category
- A list of 5 important activity tips
- A list of all your physical activity including: date, total minutes entered, total calories burned, activity category, activity name, time spent in activity, calories burned by activity

- You have the option to print your full report, including the graph, using the print button in the upper-right corner of the first report screen, or you can share your results via Twitter or Facebook via icons also located in the upper-right corner of the first report screen.

This report is a great way to keep track of what you're doing, and an even better tool to share your info with your MOVE! team!

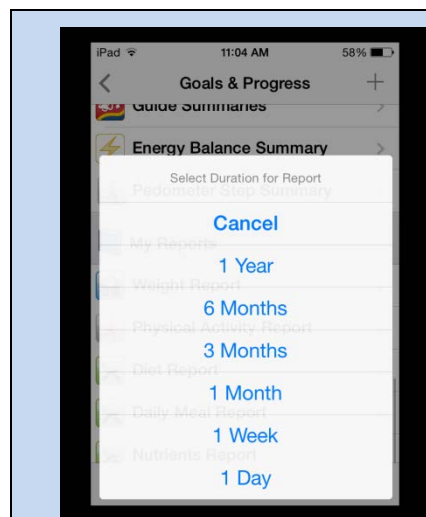


Figure 114 – Physical Activity Report, duration selection

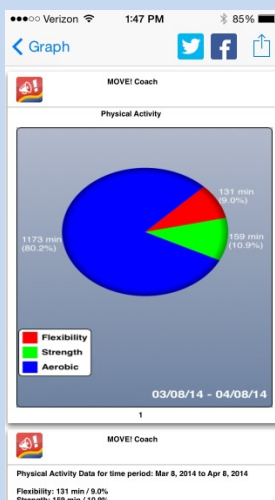


Figure 115 – Physical Activity Report, graph

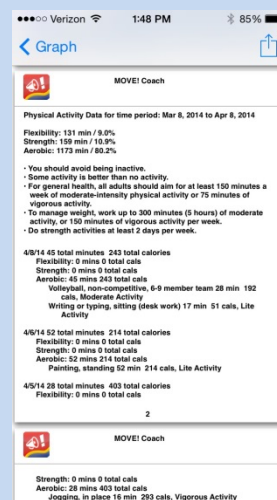


Figure 116 – Physical Activity Report, details

2.3.6.3 Diet Report Diet Report

The Diet Report is a great way to see how you have been doing with staying near (preferably under) your total daily calorie goal. You will be able to see all the food items you have entered for a specified period of time. You can choose your report to reflect as little as one day, all the way to two years! When you tap the Diet Report button you will be presented with up to seven diet report duration ranges (Figure 117) from which to choose, including:

- 1 Day
- 1 Week
- 1 Month
- 3 Months
- 6 Months
- 1 Year


Once you have selected your desired time frame, you are taken to a screen which shows your Diet History Report graph (Figure 118). For your prior entries [during the selected timeframe], new values were added to the graph. This bar graph illustrates all your entered meals, by displaying them in different colors. **Blue** is Breakfast, **Yellow** is Lunch, **Red** is Dinner, and **Green** is for Snacks. You will also see a white horizontal line on the graph which shows the level of your total recommended daily calorie goal.

**Note: if you have not yet entered any foods into your diet diary, you will see a blank graph.*

When you scroll down the page you will see a complete text report (Figure 119) for your entered dietary data. The report will show:

- Date range selected for report
- Daily Calorie Goal; expressed in total daily calories
- Breakdown of total calories by meal
- Breakdown of all individual food items with amounts and calories per item

**Note: depending on the number of food items entered each day, this report can be very lengthy when choosing longer report durations (i.e. from one month up to two years).*

- You have the option to print, copy, or e-mail your full report, including the graph, by tapping on the print button  in the upper-right corner of the report screen, or you can share your results via Twitter or Facebook using the icons also located in the upper-right corner of the report screen.

This report is a great way to keep track of what you're doing, and an even better tool to share your info with your MOVE! team!

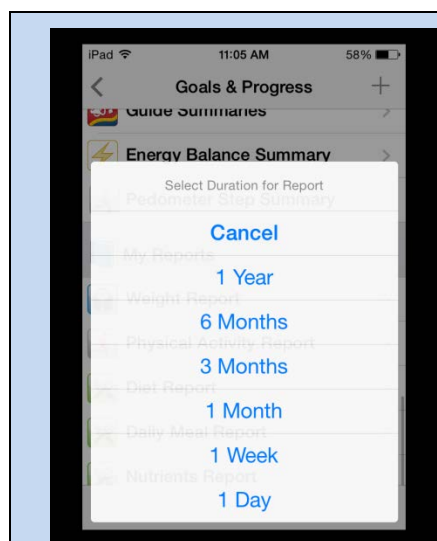


Figure 117 – Diet Report, duration selection

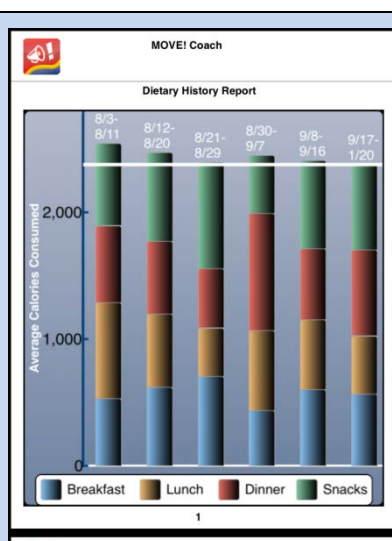


Figure 118 – Diet Report, graph

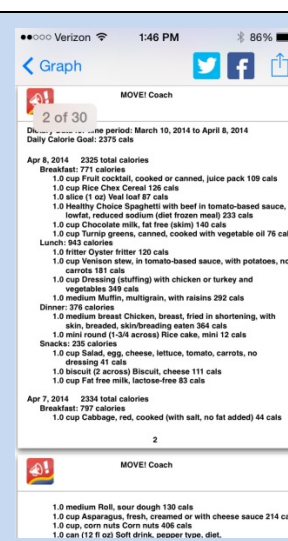



Figure 119 – Diet Report, details

2.3.6.4 Daily Meal Report Daily Meal Report

The Meals Report is a great way to monitor what you have been eating to see how far you have come toward achieving success with your dietary goals. When you tap the Meals Report button you arrive at a screen showing the items you have entered for your food intake for today. You may scroll to select a different month, date, or year by tapping the date in the lower left-hand corner of the screen; then tap 'Select Date' to choose your date. At the top of the Daily Diet screen you will see a blue row showing 'Daily Calories: Used and Remaining' with an  button to the far right.


If you tap on that  button, you will see a brief diet report showing:

- Daily Calorie Goal

- Calories Eaten
- Activity Calories Burned
- Net Daily Calories
- Remaining Calories

The following are the definitions for the items on the brief report:

- Daily Calorie Goal = your calorie allowance for the day. This goal is assigned based on your current weight and the rate of weight loss you select per week (0.5 to 2 lbs/week).
- Calories Eaten = your total calories eaten based on the food items you have entered in your MCM food diary.
- Activity Calories Burned = the number of calories burned based on the physical activity you have entered in your MCM physical activity diary.
- Net Daily Calories = the number of calories eaten minus (-) those calories burned. This may be a positive or negative number.
- Remaining Calories = the number of calories you have remaining after you add your Daily Calorie Goal plus (+) Activity Calories Burned, minus (-) calories eaten.

Tap 'OK' to return to the main Daily Diet screen. Continuing down the screen you will see Breakfast, Lunch, Dinner, and Snack items that you have entered into your Diet Diary. Listed with each meal and snack you will see the total calories along with a listing of each food item, the individual food item calories, and selected serving size. For additional nutrition information on individual food items you can tap the  button, next to the food, for details.


To generate your meal report, tap 'Reports' button (Figure 120) found in the lower-left-hand corner of your screen. The report (Figure 121) will be generated for the date you selected on the prior screen. Each report will generate a list, by meal, showing:

- Total calories eaten
- Pre- and post-meal selections for hunger/fullness/mood ratings
- Food items, calories, and serving sizes of entered items

Additionally, you will find a brief report, in the upper-right-hand section of the page which includes one day calculated values for:

- Total calories
- Calories from fat (g)
- Total Fat (%)
- Saturated Fat (g & %)
- Trans Fat (g)
- Polyunsaturated Fat (g)
- Monounsaturated Fat (g)
- Cholesterol (mg & %)
- Sodium (mg & %)
- Potassium (mg & %)
- Total Carbohydrates (g & %)
- Dietary Fiber (g & %)
- Sugars (g)
- Protein (g)

- Vitamin A (%)
- Calcium (%)
- Iron (%)

You have the option to print, copy, or e-mail the full report by tapping on the print button  in the upper-right corner of the report screen or you can share your results via Twitter or Facebook using the icons also located in the upper-right corner of the report screen.

The Diet Report is a great way to look back at your eating habits to pinpoint where you may be having difficulties so that you can make diet goal adjustments for improvement.

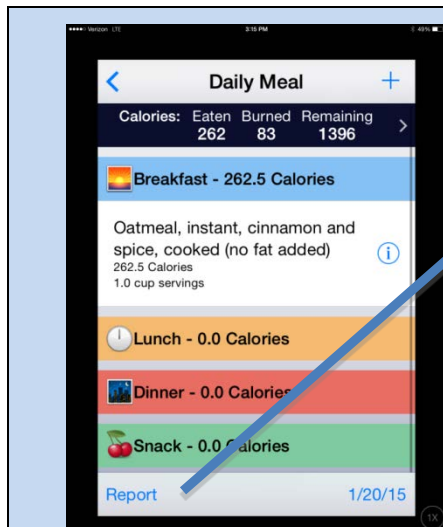


Figure 120 – Daily Meal screen

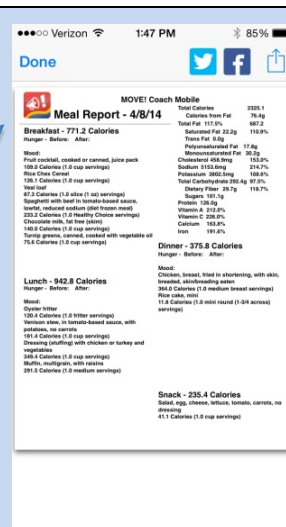


Figure 121 – Daily Meal Report

2.3.6.5 Nutrients Report Nutrients Report


The Nutrients Report provides an in-depth summary of nutrients you consume during your meals. You can choose your report to reflect as little as one day, all the way to two years!

When you tap the Nutrients Report button you will be presented with up to seven nutrient report duration ranges from which to choose (Figure 122), including:

- 1 Day
- 1 Week
- 1 Month
- 3 Months
- 6 Months
- 1 Year

Once you've selected your desired time frame, a report (Figure 123) will be generated showing a list of nutrients, your target intake amounts, your average intake, and your status. These are defined as:

- **Nutrients:** The names of each nutrient appear in the first column of the report including macronutrients, vitamins, and minerals.

- **Target:** Your targets for each of the nutrients display in this column. Your targets are based on the recommendations established by the Institutes of Medicine and the 2010 *Dietary Guidelines for Americans*.
- **Average Eaten:** The average amount of each nutrient you consumed displays in this column. This average is based on the time period you selected. Days with no food entered into your MCM Diet Diary do not count toward the average.
- **Status:** Each nutrient has a Target or Limit amount associated with it. If the average amount of the food you eat is within the acceptable range, you will see the word “OK”. If you are under the acceptable range, it will read “Under.” Additionally, if you are over the acceptable range, your status will be “Over.”
- You have the option to print, copy, or e-mail the full report by tapping on the print button  in the upper-right corner of the report screen or you can share your results via Twitter or Facebook using the icons also located in the upper-right corner of the report screen.

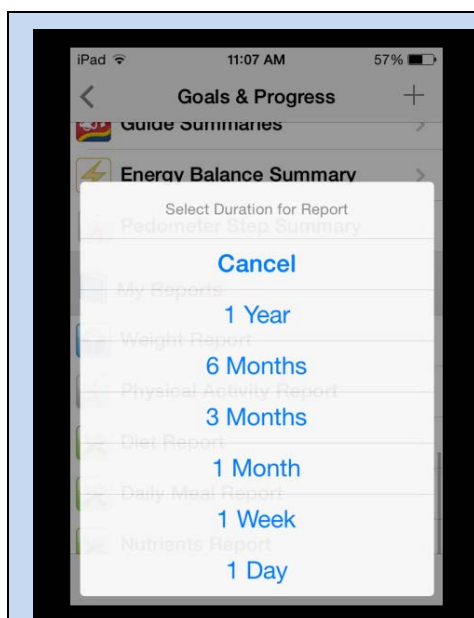


Figure 122 – Nutrients Report, duration selection

Nutrient	Target	Average	Status
Total Calories	1575 Calories	1806.2 Cal	Over
Calories From Fat	315 to 551 Cal	584.4 Cal	Over
Total Fat	35.0 to 61.2 g	64.9g	Over
Saturated Fat	< 18g	20.7g	Over
Polyunsaturated Fat	N/A	15.2g	N/A
Monounsaturated Fat	N/A	23.5g	N/A
Cholesterol	< 300mg	420.1mg	Over
Sodium	< 2300mg	3919.5mg	Over
Potassium	4700mg	2960.9mg	Under
Total Carbohydrate	130g	224.9g	Over
Dietary Fiber	22g	22.5g	OK
Sugars	N/A	93.5g	N/A
Protein	46g	76.0g	Over
Vitamin A	700mcg	730.6mcg	OK
Vitamin C	75mg	99.4mg	Over
Calcium	1200mg	871.5mg	Under
Iron	8mg	21.8mg	Over

Figure 123 – Nutrients Report, details

2.4 Daily Entries



This option is available on the top-right of almost every screen throughout the MOVE! Coach app, and allows you to enter daily weight, diet, and physical activity data (Figure 124).

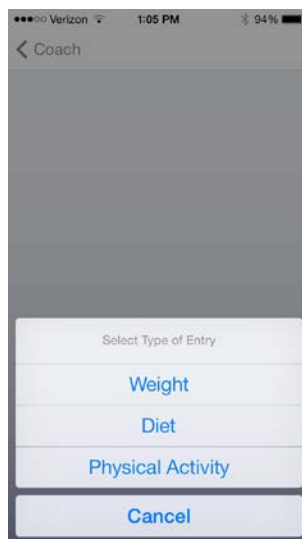


Figure 124 – Select type of Entry screen

2.4.1 Weight Entry

In order to manage your weight, we request a weight entry each day. Simply type in your daily weight (Figure 125) and select "Done" in the upper-right corner of the screen. This number will be plotted on the graphs, and used to update other calculations (e.g. BMI) within the app.

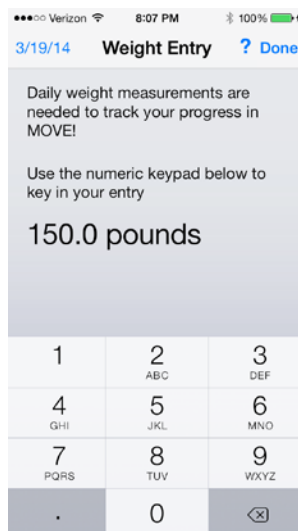


Figure 125 – Weight Entry screen

2.4.2 Diet Entry

Entering items in your food diary

First, tap to select the meal (e.g. breakfast, lunch, dinner or snack; Figure 126) that you'd like to record. Once the meal is selected, note the blue toolbar that illustrates your daily calories used, and calories remaining. These calorie values adjust with each food item entered, and with any physical activity additions.

To enter a food, tap the + icon on the right-hand side of the screen, then select the appropriate entry type (Figure 127). On the next screen you will see "Favorite Foods" (Figure 128). If you have not created any "Favorite Food" items yet, you will see an empty list.

To begin, click the search icon—magnifying glass —at the bottom right of the screen. Begin typing in the name of your food item (e.g. Figure 129). For example, type 'Apple' and as each letter is entered, the search function will begin to display and narrow down the results matching that portion of the name. You can also tap the blue "Search" at the bottom right of the keyboard. This pulls up a variety of items that include your search term "Apple." You can also enter multiple phrases in any order, e.g. 'instant oatmeal', and the search function will locate all food items containing all phrases entered.

Select the version that best describes your food item by tapping on that item.

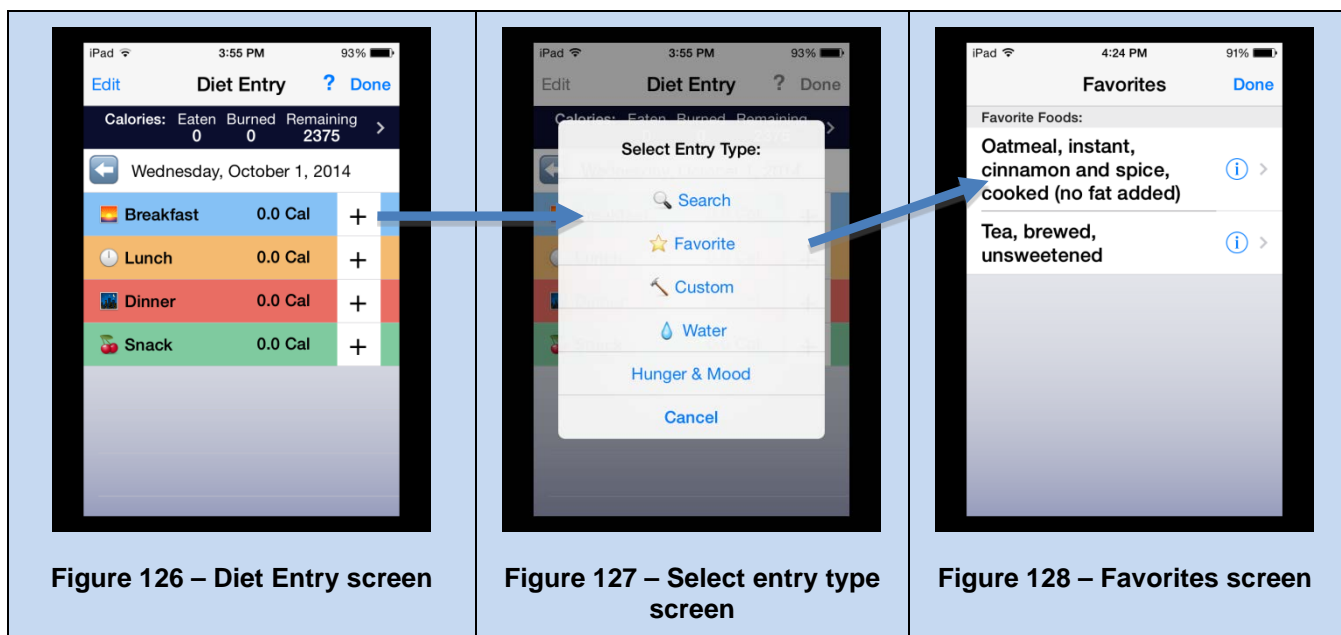
Next select the serving size for your food item (Figure 130). After selecting a serving size, you will be asked to type in the number of servings that you ate, then click "Next." (Figure 131)

Notice that the food will now appear in your meal list (Figure 132).

Continue to add foods as needed.

Once you have completed all your meal entries, click "Done" in the upper-right-hand corner.

To remove any items simply tap and swipe the item from right to left, and a Red delete button will appear (Figure 133).



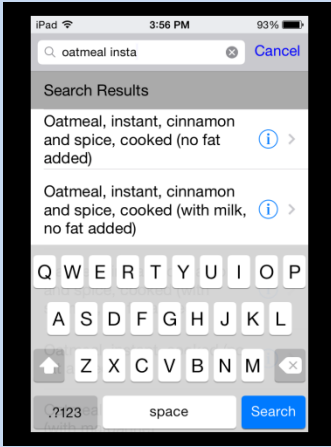


Figure 129 – Search screen

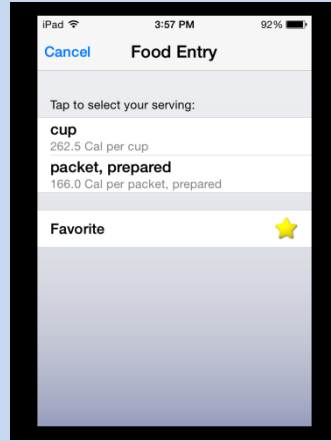


Figure 130 – Serving screen

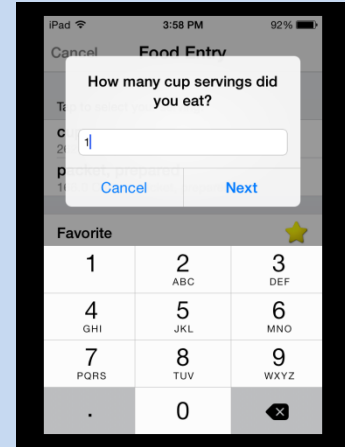


Figure 131 – Number of servings

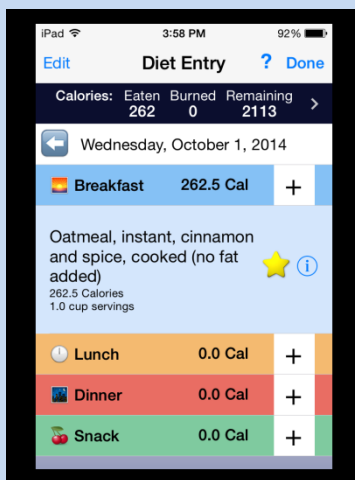


Figure 132 – Completed Breakfast food entry

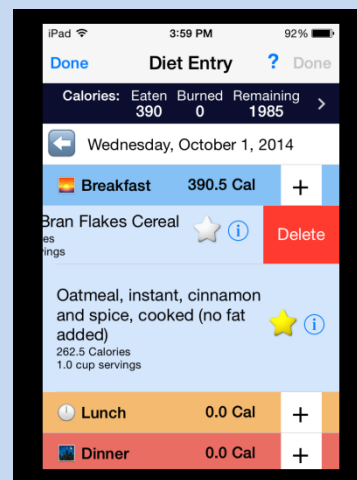



Figure 133 – Deleting a food entry

You can also track your water intake. Simply tap on the ‘water drop’  located on the “Select Entry Type” screen (Figure 127), and select either ‘Tap Water’ or ‘Bottled Water’ (Figure 134), the serving size, and how many servings you consumed, then ‘Next’ to complete the entry (Figure 135).

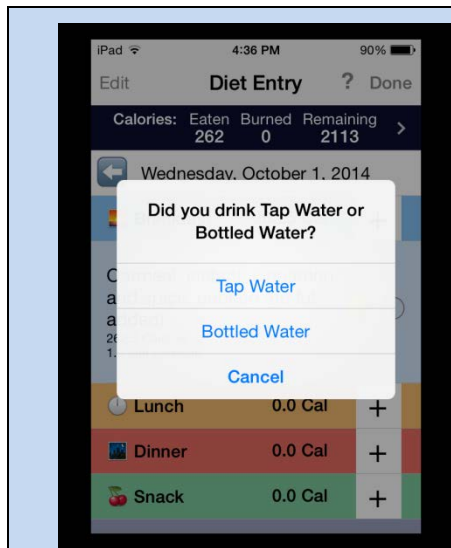


Figure 134 – Enter Water Intake screen

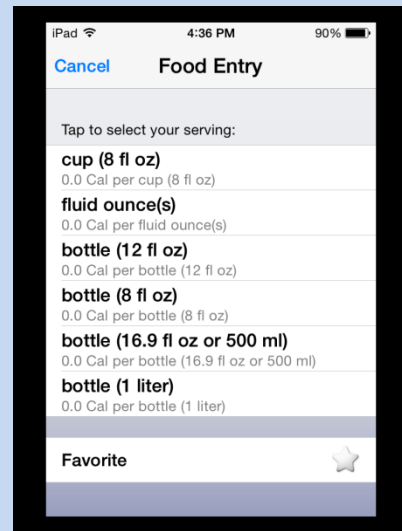




Figure 135 – Select water serving

Entering a Custom Food: Custom

To create a custom food, select "Custom" while on the "Select Entry Type" screen (Figure 127).

You will have the option to select the type of custom entry: Single Food, Combo Meal, or Recipe (Figure 136).

- You can use the single custom food entry to add items that may not show up in the database (Figures 136 through 143)
- You can add a Combo Meal, a meal that you eat frequently comprised of individual food items (Figures 144 through 148)
- You can enter a recipe comprised of individual food items (Figures 149 through 154)
- You can also delete food entries, combos and recipes by clicking the  or  icon, depending on the screen (see figures 146 and 148, for example)


The process is generally the same when creating any custom food entry: tap the screen to make the selection. Give your custom single food/meal/recipe a name.

- For example, "Bob's breakfast sandwich," and click "Continue."

Enter each item that is in your sandwich. Doing this allows the diary to calculate the number of calories in each serving.

Select the number of servings. For 'Single Foods', you also have the option to enter nutritional information—i.e. what's displayed on a food label.

Continue to add as many food items as necessary to make your custom entry as accurate as possible.

Finally, you will have the option to add this as a "Favorite." A favorite food item might be one that you eat often. If you eat something more than once or twice a week, we recommend tapping the star  to designate it as a "Favorite" and then select "Done."

Below are screenshots for each of the custom food types:

Creating a Single Food

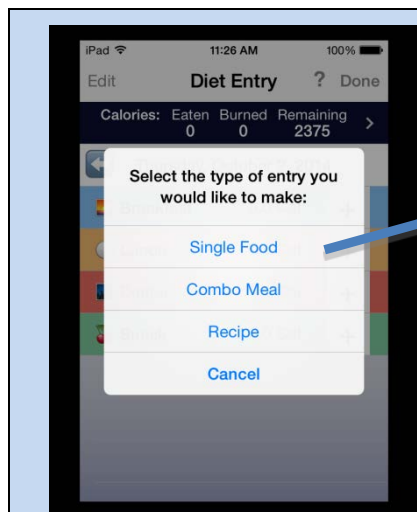


Figure 136 – Create Custom Food

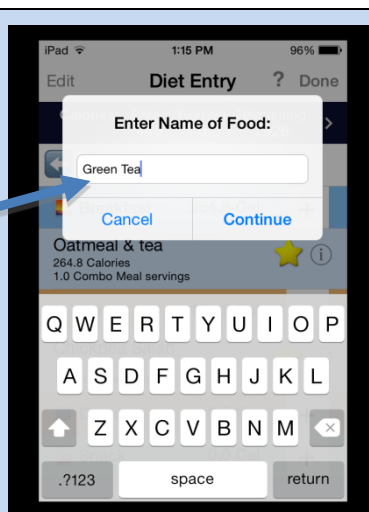


Figure 137 – Single Food, enter name

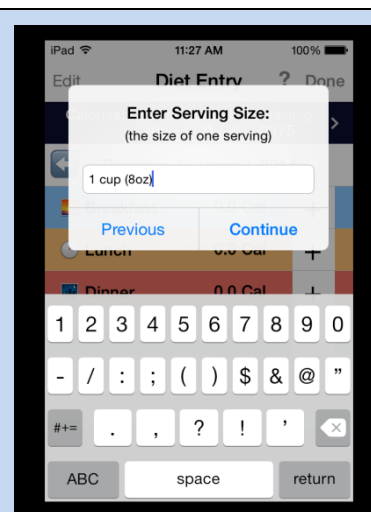


Figure 138 – Single Food, serving size

Creating a Single Food (continued)

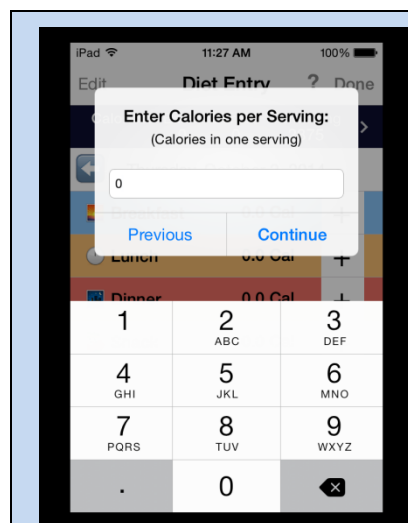


Figure 139 – Single Food, enter calories per serving screen

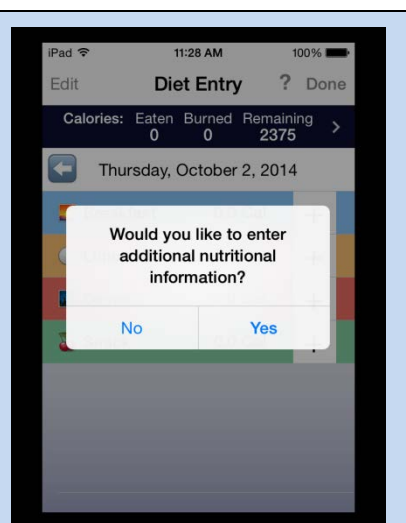


Figure 140 – Single Food, enter nutritional info—yes/no

Entering Nutritional (food label) information for a custom Single Food entry:

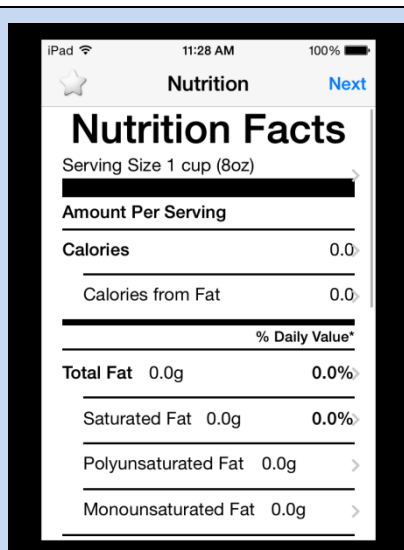


Figure 141 – Nutritional Information screen, fields with ► are editable

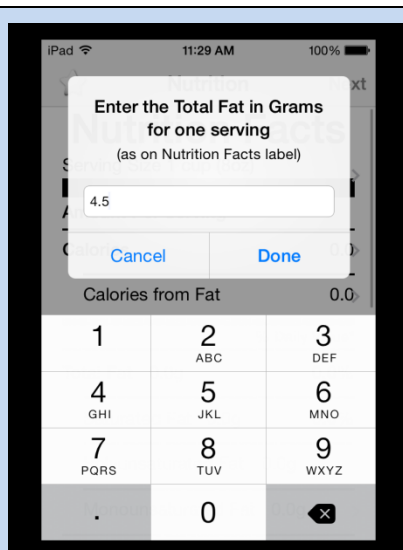


Figure 142 – E.g. entering value for ‘Total Fat’ in grams

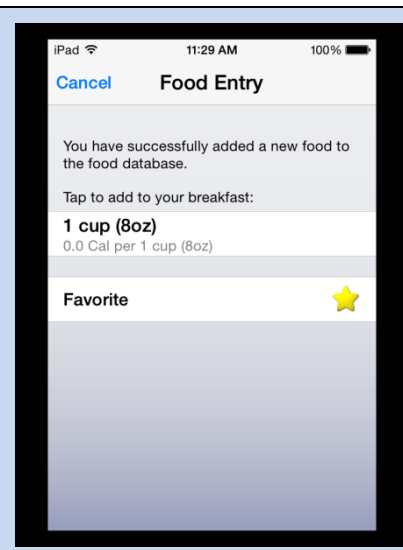


Figure 143 – Number of servings

Creating a Combo Meal:

From the “Create Custom Food” screen (figure 136), select “Combo Meal” —

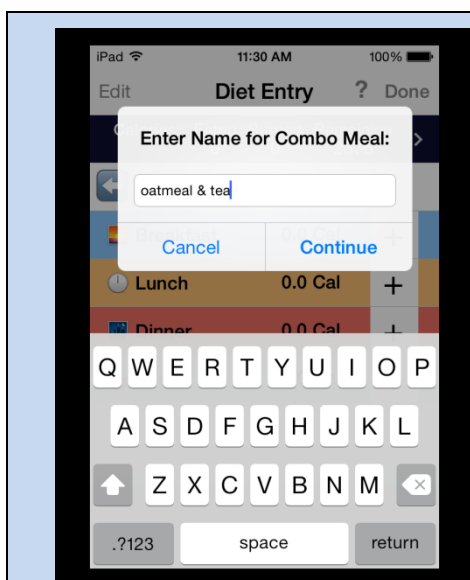


Figure 144 – Combo Meal, enter name

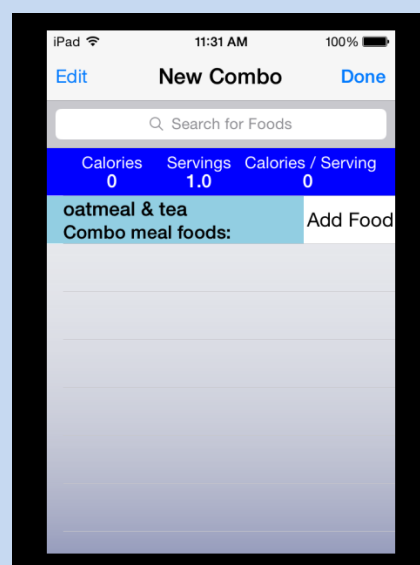
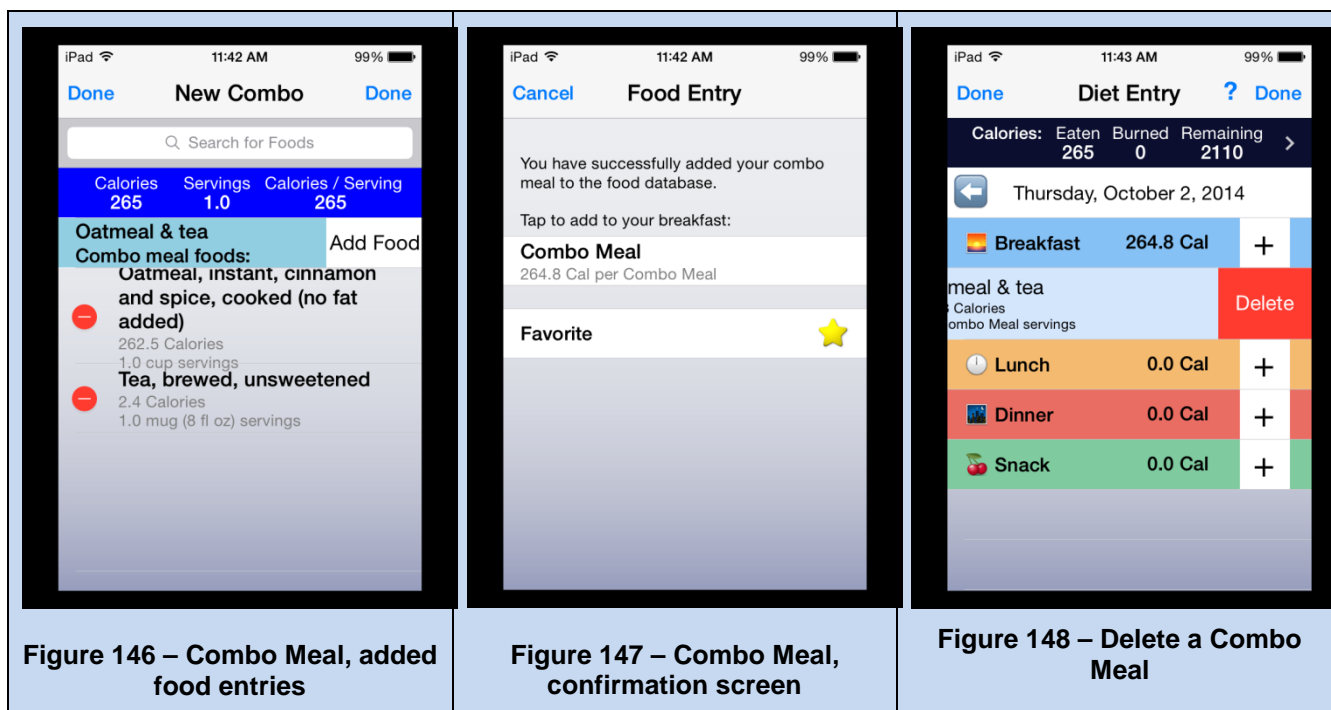
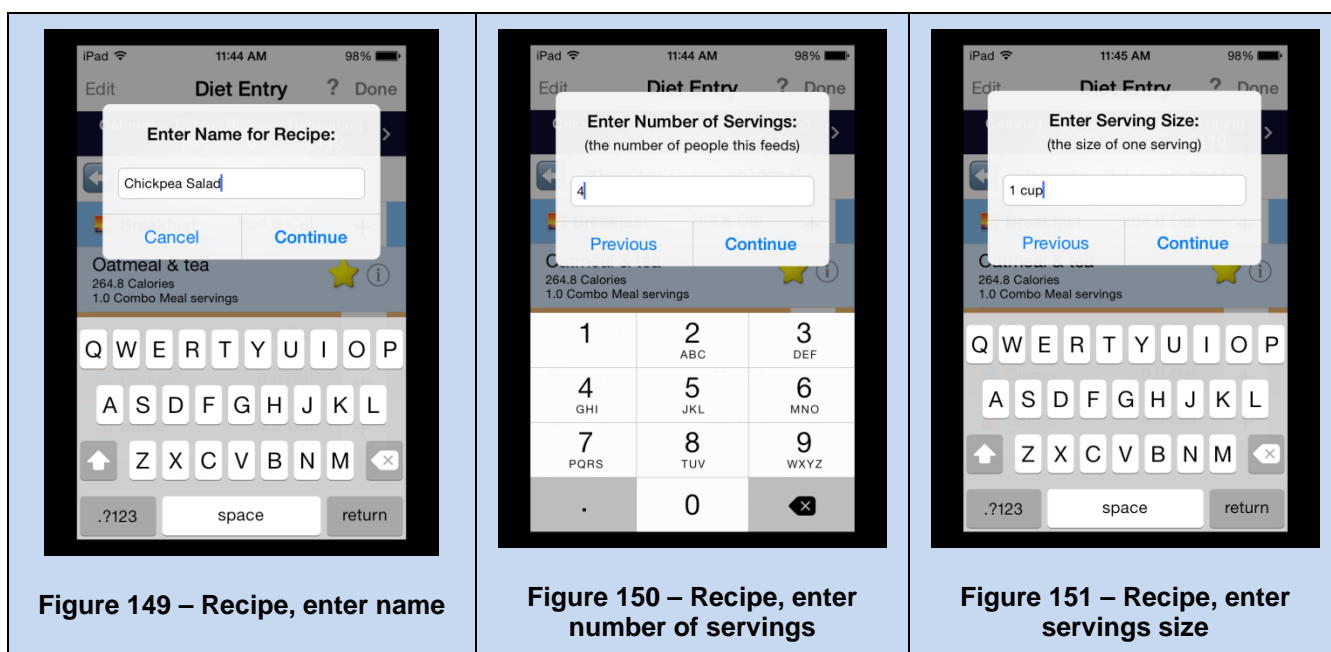


Figure 145 – Combo Meal, Add Food



Creating a Recipe

From the “Create Custom Food” screen (figure 136), select “Recipe” —



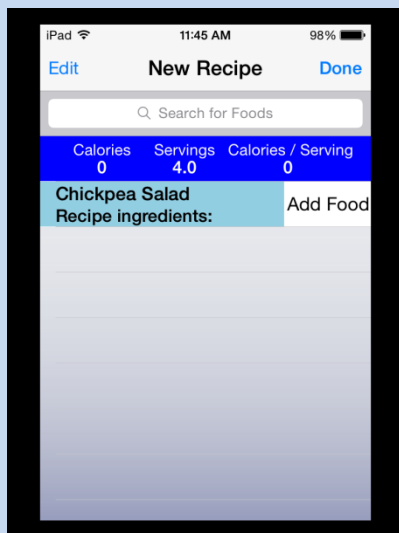


Figure 152 – Recipe, add foods

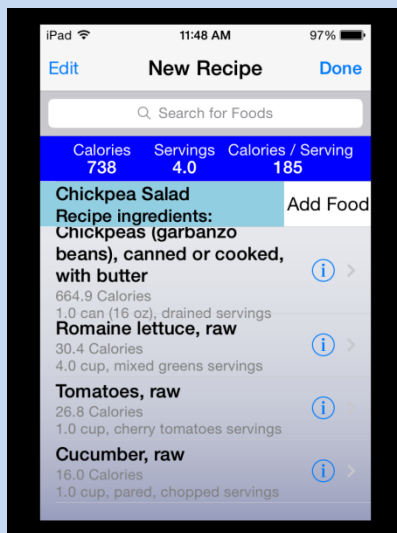


Figure 153 – Recipe, added food entries



Figure 154 – Recipe, confirmation screen

Hunger and Mood Entry

After each meal, you should select the "Hunger & Mood" button, located on the lower-left of your screen. Using the slider bars, determine your hunger level both before and after the meal (figures 155-157). Determine if your meal was mindful, portion-controlled, or healthy—we hope it's all three!

Select "Done."

Next, record your mood for that meal (e.g. happy, sad, angry, elated, busy, etc.) Remember, monitoring your dietary intake has been proven to help with weight loss success.

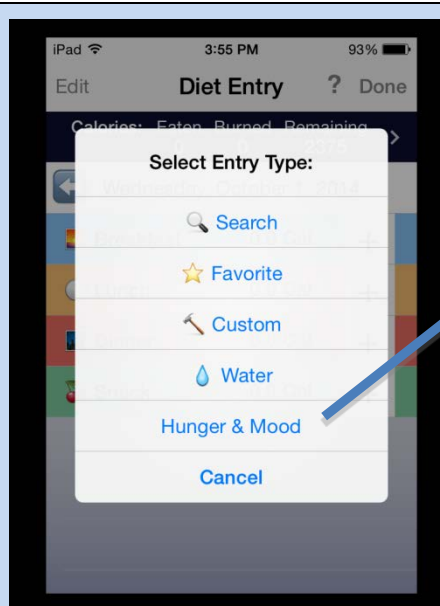


Figure 155 – Hunger & Mood option on meal entry screen

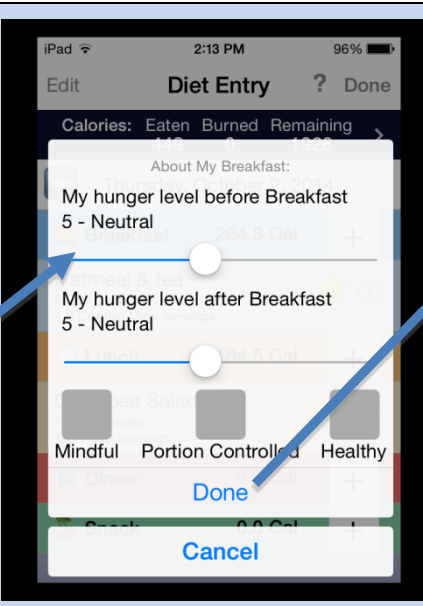


Figure 156 – Hunger & Mood, Hunger screen

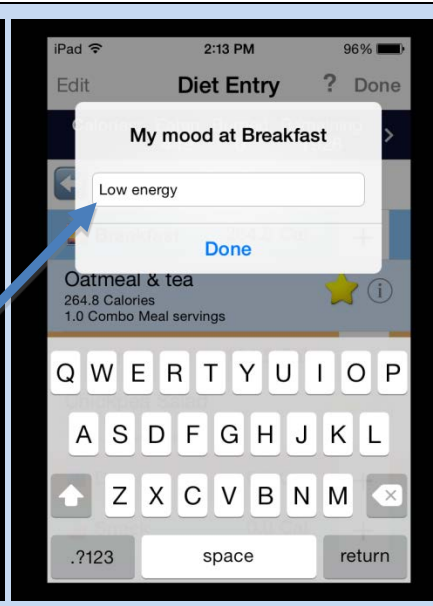






Figure 157 – Hunger & Mood, Mood screen

Emoticons

Emoticons  are used as a visual cue in the MOVE! Coach app to help you know how you are doing. Below is the emoticon legend for daily calories:

**Note: The emoticon will change based on the value of 'Remaining' [calories] which is calculated using the following formula:*

$$\text{'Daily Calorie Goal'} - \text{'Calories Eaten'} + \text{'Calories burned through Activity'} = \text{'Remaining'}$$


<u>Daily Calories Emoticon Legend</u>	
	If 'Remaining' >= 500 AND 'Calories burned' >= 1000
	If 'Remaining' >= 250 AND < 500 -- AND -- 'Calories burned' >= 500 AND < 1000
	If 'Remaining' >= 0 AND < 250

2.4.3 Physical Activity Entry

Entering Your Physical Activity

On the Physical Activity entry screen (Figure 158), note the blue bar that illustrates your daily calories used, and calories remaining. These calorie values adjust with each food item entered, and with any physical activity additions. Also notice the grey bar. Based on the physical activity items entered and the "Type" you select, the activity minutes will be updated.

To enter an activity, click the  icon. This will bring up the Select Entry Type screen (Figure 159).

If you have not already set up any "Favorite Activity" items, click the search icon—magnifying glass  — at the top of the Select Entry Type screen (Figure 160), and begin typing the name of your activity item. For example, type "Walking" and as each letter is entered, the search function will begin to display and narrow down the results matching that portion of the name (Figure 161). You can also tap the blue "Search" at the bottom right of the keyboard. This pulls up a variety of items that include your search term "Walking." You can also enter multiple phrases in any order, e.g. 'circuit training', and the search function will locate all activity items containing all the phrases entered.

Select the version that best describes your physical activity by tapping the screen.

Next, select the number of minutes you spend doing this activity (Figure 162).

You will then be asked to select what "Type" of activity this is (Figure 163). Simply tap the screen to select Aerobic Activity, Strength Training, or Flexibility. When complete, click 'Done' on the top-right.

Notice that the physical activity will now appear in your activity list.

If you have completed the activity entry, click 'Done' in the upper-right-hand corner (Figure 164).

To remove any items simply tap and swipe the item from right to left and a red delete button will appear (Figure 165).

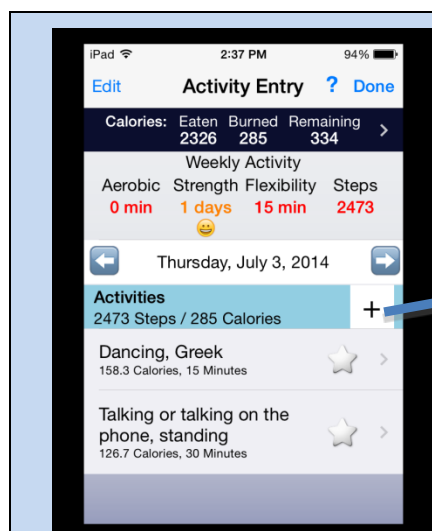


Figure 158 – Physical Activity Entry

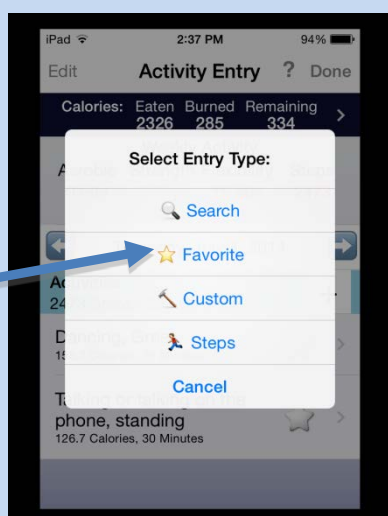


Figure 159 – Select Entry Type

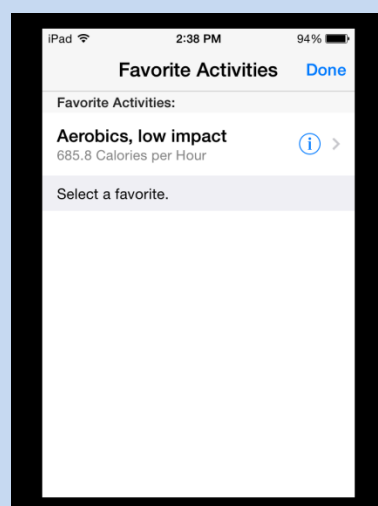


Figure 160 – Favorites screen

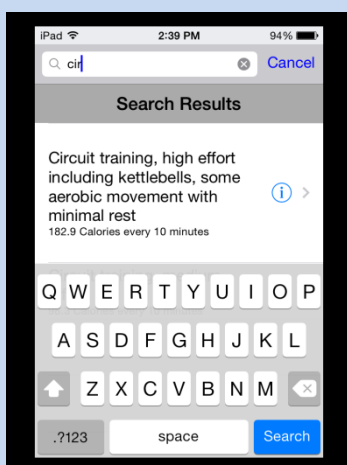


Figure 161 – Search screen

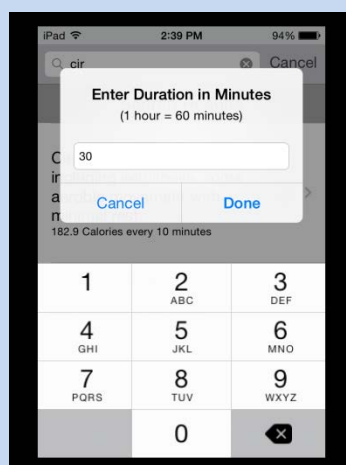


Figure 162 – Enter duration (in minutes)

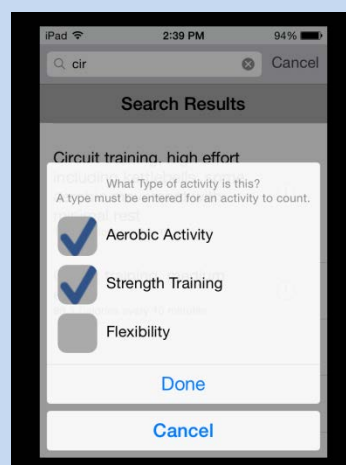


Figure 163 – Type of Activity

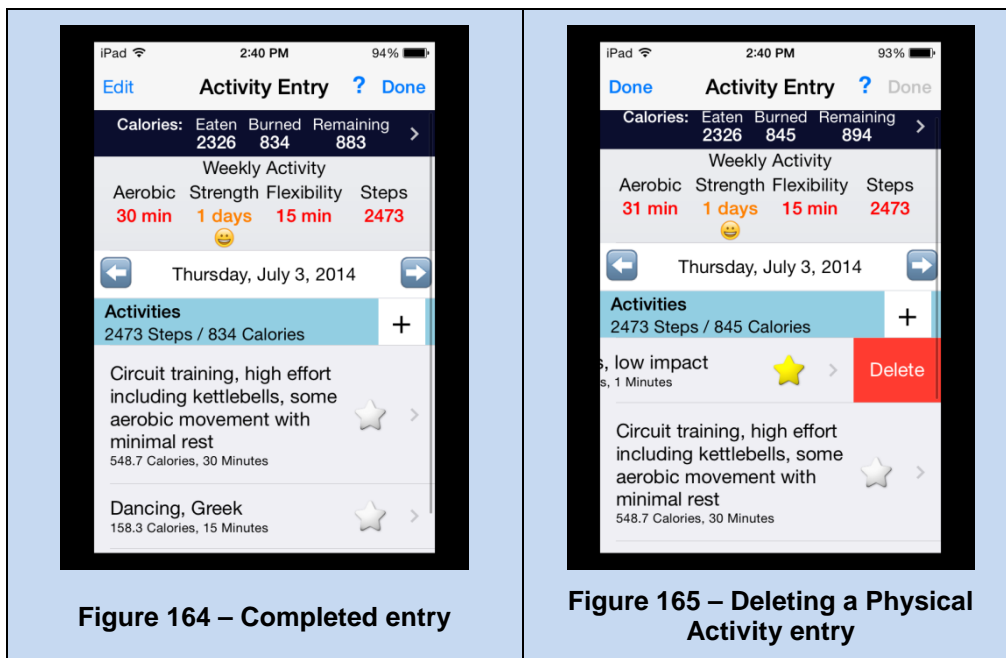


Figure 164 – Completed entry

Figure 165 – Deleting a Physical Activity entry

Entering a Custom Activity/Workout

To create a custom activity, select "Custom Workout" from the Select Entry Type screen (Figure 166).

You will have the option to select the type of custom entry: New Activity (Figures 167 through 170) or Custom Workout (Figures 171 through 173).

Tap the screen to make the selection.

- For example select "New Activity" if you would like to add one activity, or select "Custom Workout" if you plan to add more than one activity as a custom entry.

When selecting a custom workout, give your custom activity/workout a name.

- For example select "Custom Workout" and name it "Bob's strength routine," and click "Continue."
- Enter the activities you'd like to have in the specific workout by clicking "add activity" just as you did above.
- Remember, you can enter as many activities under this custom workout as needed.

Next, enter the total number of minutes for each activity and the "Type" of activity."

When you are done, select 'Done' in the upper-right-hand corner.

You will see a pop-up option that tells you the custom entry was created.

You will also have the option to add that custom workout to your current day's workout. Simply select "Yes" or "No."

Below are screenshots for each of the custom activity types:

Creating a New Activity

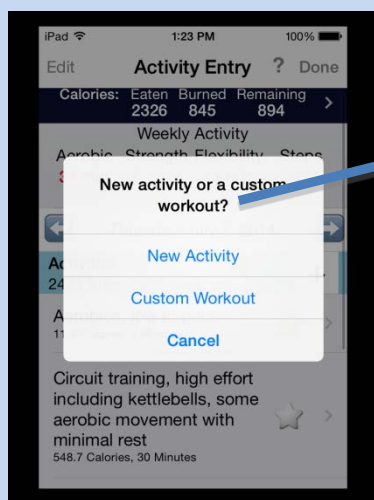


Figure 166 – Create Custom Activity

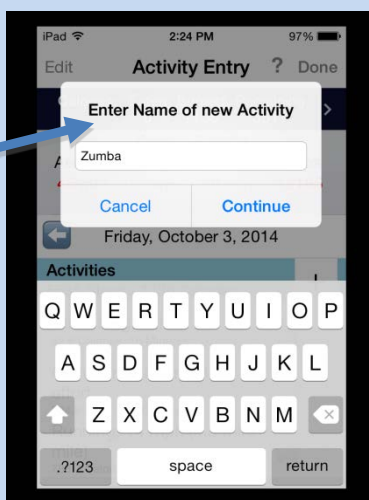


Figure 167 – New Activity, enter name

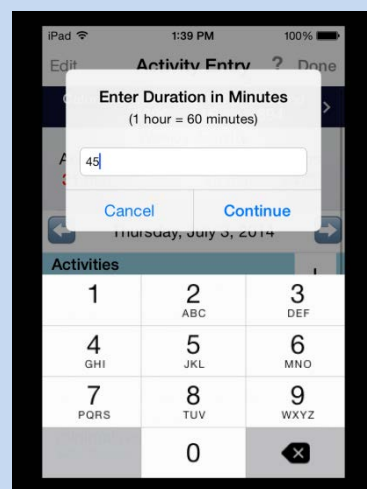


Figure 168 – New Activity, enter duration

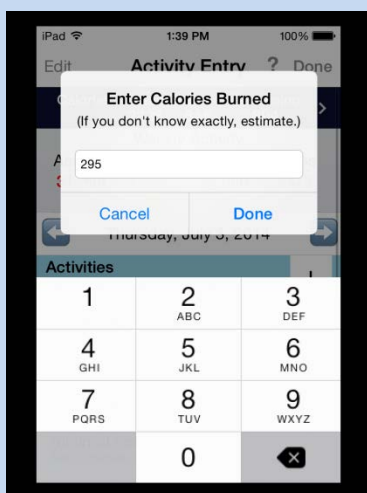


Figure 169 – New Activity, enter calories burned

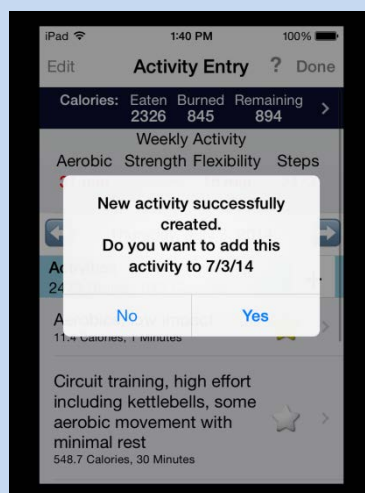


Figure 170 – New Activity entry, confirmation screen

Creating a Custom Workout

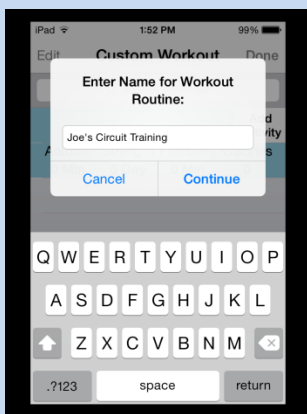


Figure 171 – Custom Workout, enter name

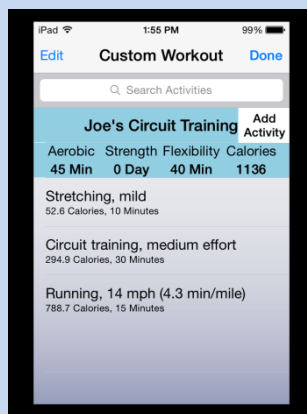


Figure 172 – Custom Workout, Add Activity(ies)

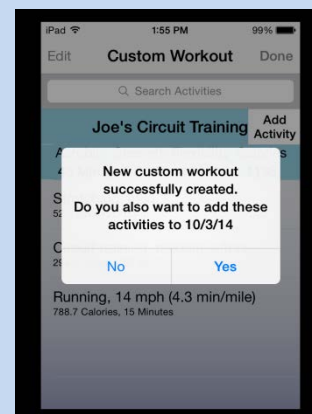


Figure 173 – Custom Workout entry, confirmation screen

Entering number of daily steps:

You can also track your daily steps. Simply select “Steps” from the Select Entry Type screen (Figure 174), and select enter the number of steps taken (Figure 175) on the current day. Click ‘Done’ to complete the entry.

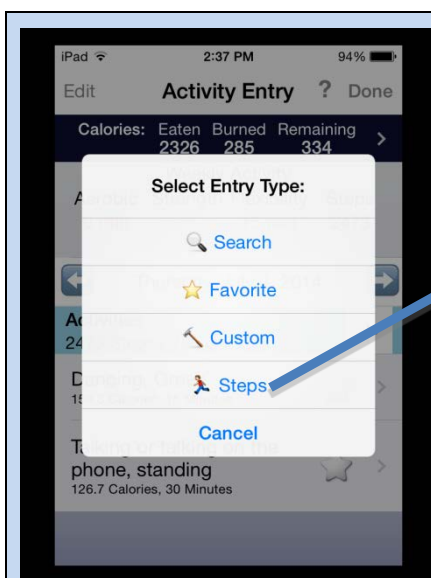


Figure 174 – Physical Activity entry screen

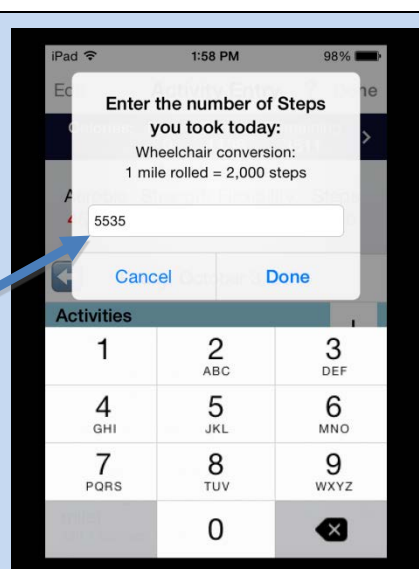



Figure 175 – Steps, enter daily value

Emoticons

Emoticons  are used as a visual cue in the MOVE! Coach app to help you know how you are doing. Below are the emoticon legends for ‘Weekly Aerobic’, ‘Weekly Flexibility’, ‘Weekly Strength’, ‘Weekly Steps’ and ‘Daily Steps’:

**Note: The emoticon will change based on the values identified in the legend.*

Weekly Aerobic Emoticon Legend



When 'Aerobic Minutes' ≥ 150



When 'Aerobic Minutes' > 100 AND < 150

Weekly Flexibility Emoticon Legend



When 'Flexibility Minutes' ≥ 70



When 'Flexibility Minutes' > 50 AND < 70

Weekly Strength Emoticon Legend



When 'Strength Days' > 2



When 'Strength Days' ≥ 1 AND < 2

Weekly Steps Emoticon Legend



When 'Steps' ≥ 52500



When 'Steps' > 35000 AND < 52500

Pedometer Step Summary Report Emoticon Legend



When 'Steps' > 12500



When 'Steps' > 7500 AND ≤ 12500

2.5 Settings



When using the MOVE! Coach App, you may choose to have automatic notifications (brief alerts) sent to you. If you would like to receive these notifications, you must turn notifications on from the Settings screen.

Under 'Local Notifications' (Figure 176) you will see two categories: Data and Guide notifications. Slide the button to the right to turn each one on.

- Data Notifications: you will receive a reminder to enter your weight, diet, and physical activity data if you have not done so for 3, 7, or 14 days.
- Guide Notifications: you will receive an alert to let you know when the next Self-Management Guide is available for you to continue.

We recommend turning these on to help maintain interaction with the MOVE! Coach App.

After you have completed the full 19 weeks of care, you may elect to work through the MOVE! Coach mobile program again to continue your success and maintenance. You have the option of re-locking all Self-Management Guides. To re-lock the guides, go to the Settings screen and tap the 'Reset Guides' button. Your progress throughout the guides will be reset, but all your data will be saved.

Finally, the End User License Agreement (EULA) which you 'accepted' upon initial launch of the MOVE! Coach app is also accessible on this screen to view or share (i.e. print or email)

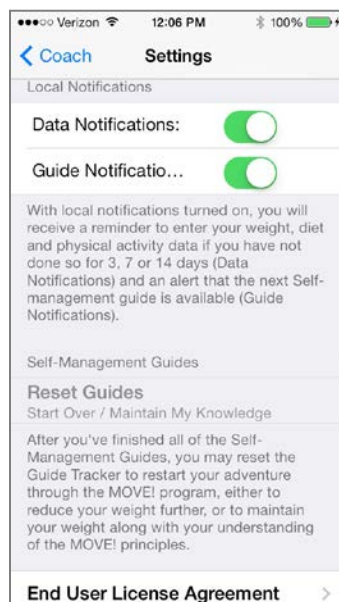


Figure 176 - Settings Screen accessible from Home Screen

2.6 Getting Help and Reporting Issues/Feedback



To access the in-app Help system (Figures 177, 178 and 178) tap on the Help button (blue question mark) which is available on the top-right of many screens throughout the MOVE! Coach App.

This provides information for all the sections, options, and features available. In-app help is also available to explain items when in a current section/selection. For example, this button may provide additional information about a game, video, worksheet, or a question being asked.

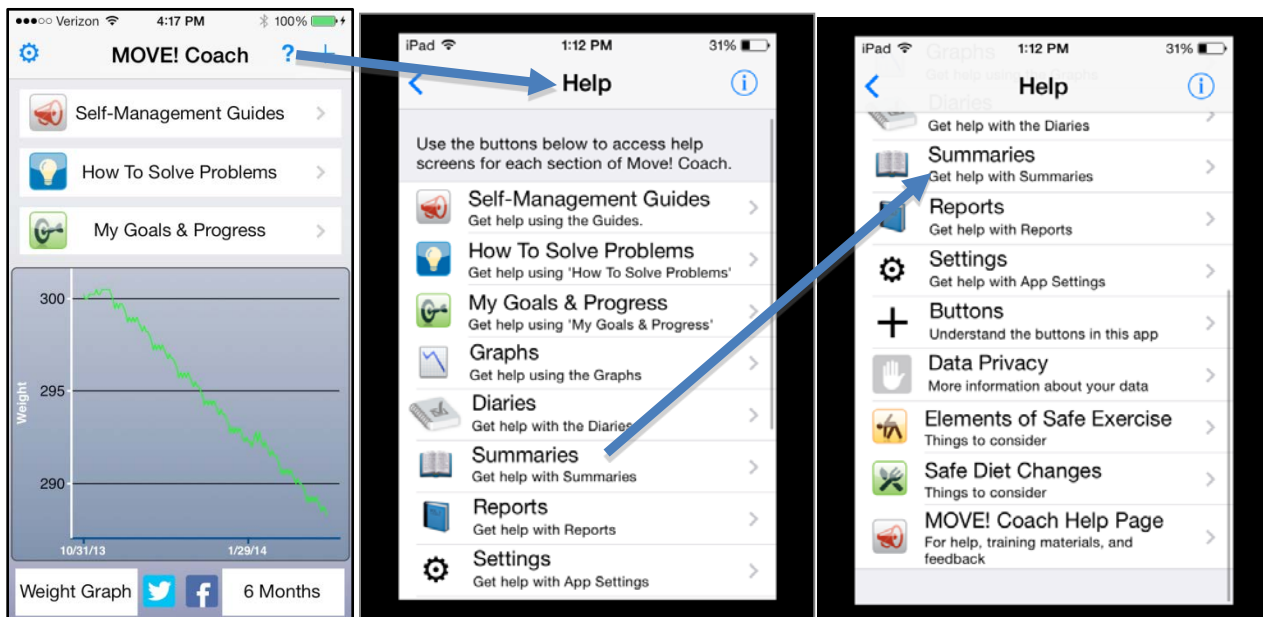


Figure 177 – MOVE! Coach Home Screen

Figure 178 – Main Help Screen accessible from Home Screen

Figure 179 – Main Help Screen accessible from Home Screen (cont.)

Once in the Help screen (Figure 180), scroll down and click the bottom menu item titled “MOVE! Coach Help Page.” This will take you to a VA MOVE! Website, where you can learn more about MOVE! Coach, and where you can access the Help Desk call-in information (see below for further information)

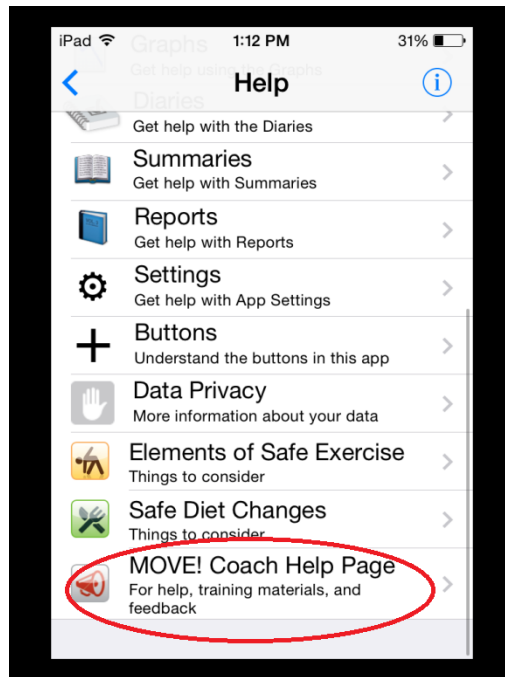


Figure 180 – Access MOVE! Coach Help Page

If you require additional assistance with the MOVE! Coach App, there is a help desk available for questions. Please call 877-327-0022, weekdays from 8 a.m. to 8 p.m. (ET), to speak with a help desk representative.

The help desk is also the place to share any suggestions or feedback that you may have about the App. The MOVE! Coach Team strives to provide our users with the best product possible, and we encourage you to share your suggestions, which will be considered during the design of future MOVE! Coach updates. Thank you in advance!

Note: If you are using a VA or company-issued device, you must be off the company or VA network/VPN to use this MOVE! Coach Help Page option. Certain VA network policies may disable the feature which displays this pop-up message. Users will be allowed to proceed to the website by selecting 'continue' (Figure 181).

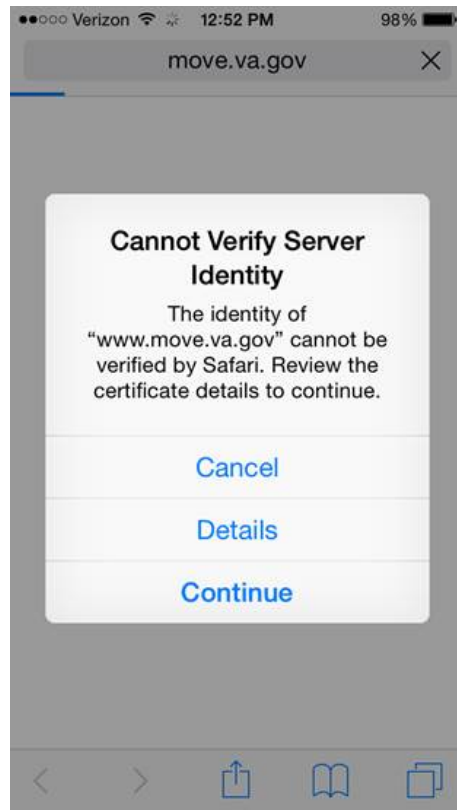


Figure 181 – Cannot Verify Server Identity