

Safari File Edit View History Bookmarks Develop Window Help
Healthy Challenges Platform

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Michael Cohn
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WEEKLY ANNOUNCEMENTS

MY CHALLENGES

REPORT My PROGRESS

REPORT My WEIGHT

CHANGE MY TEAM

Living Well Site

Invite Others

User Resources / Support

Health Information

Devices

User Info

Log Out

REPORT DAILY PROGRESS
Why is there a limit on how much I can enter?
Select the date to log progress for:
11/15/2014
There are no items available for you to report progress for on the selected date.

EXISTING PROGRESS
448 Items Found Page 1 of 18 Results per page: 25

Date	Progress Type	Value	Reported At (Central Time)
11/17/2014	Height (Challenge Enrollment)	68 inches	11/14/2014 07:33 PM
11/09/2014	Reported Weight (Challenge Enrollment)	Completed	11/10/2014 01:44 PM
11/09/2014	BMI - Auto Logged (Challenge Enrollment)	83.7	11/10/2014 01:44 PM
11/09/2014	Weight (Challenge Enrollment)	600 lbs	11/10/2014 01:44 PM
10/17/2014	BMI - Auto Logged (Challenge Enrollment)	18.4	11/15/2014 06:17 PM
10/17/2014	Weight (Challenge Enrollment)	121 lbs	11/15/2014 06:17 PM
10/17/2014	Reported Weight (Challenge Enrollment)	Completed	10/28/2014 06:00 PM
07/13/2014	BMI - Auto Logged (Post Challenge Assessment)	18.6	07/16/2014 04:43 PM
07/13/2014	Weight (Post Challenge Assessment)	122.2 lbs	07/16/2014 04:43 PM
07/13/2014	Height (Post Challenge Assessment)	68 inches	07/16/2014 04:43 PM
07/13/2014	Fruits & Vegetables - carrots (Web)	0.5 cups	07/15/2014 10:00 AM
07/13/2014	Fruits & Vegetables - nectarine (Web)	0.5 cups	07/15/2014 10:00 AM

Click "Devices"

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Healthy Challenges Platform :: Challenge Enrollment

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DEVICES

FitBit
Link My FitBit Account

iHEALTH
Link My iHealth Account

Want to access the Challenge from your iPhone or Android phone?

Available on the iPhone
App Store

ANDROID APP ON
Google play


Go to the App Store for that phone. Search for the app by our name, Extracon. Download the app and use the app to report your progress.
You can also use the mobile version of our site on your phone by navigating to m.extracon.com in your phone's web browser.

Click "Link my Fitbit Account"

Safari File Edit View History Bookmarks Develop Window Help 100% Michael Sat 17:00

Connect with Fitbit
 https://api.fitbit.com/oauth/authorize?oauth_token=d0794db16919d9bcc4dea33ec5f914d3

Healthy Challenges Platform



Extracon Science LLC by Extracon Science LLC would like to access your profile and data on Fitbit.com:

READ-ONLY ACCESS


Email

Password

[FORGOT PASSWORD?](#) [ALLOW](#)

You can revoke this application's access from your Fitbit account settings.

Not using Fitbit yet?



TRACK ACTIVITY & SLEEP

MANAGE WEIGHT

WATCH YOUR PROGRESS

Fitbit motivates you to turn fitness into lifestyle, challenge friends, set goals, and watch your progress.

[Learn more about Fitbit](#)

[CREATE A NEW ACCOUNT](#)


Log in to the fitbit website using your *FITBIT* email and password

Safari File Edit View History Bookmarks Develop Window Help 100% Michael Sat 17:00

Healthy Challenges Platform :: Challenge Enrollment
 https://www.extracon.com/Admin/Users/Devices.aspx?JustLinkedFitBit=true

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DEVICES

FitBit

Select the FitBit data that you would like to receive progress for:

My Physical Activity: Steps Minutes

My Weight

My Sleep

[Save](#)

[Click Here to check for missing FitBit Progress during the past 31 days](#)

[Unlink My FitBit Account](#)

Your FitBit account has been linked.



IHEALTH

[Link My iHealth Account](#)

Want to access the Challenge from your iPhone or Android phone?

Available on the iPhone [App Store](#)

ANDROID APP ON Google play

My CHALLENGES
 Log Out

You will be taken back to the Step it Up site.

If you just want to track steps, you're done.

If you use your fitbit account to track your weight, you can have that information recorded automatically too.

<input type="checkbox"/>	banner-purple80pct.png	Image	ucsf_admin	39.53 KB	11-7-14	Edit Usage Delete
<input type="checkbox"/>	banner-yellow80pct.png	Image	ucsf_admin	38.2 KB	11-7-14	Edit Usage Delete