Tracking Your Wellness – H₂O

LOGGING IN

- Using your web browser, go to http://wellness.hope.edu.
- Enter your Hope College email username and password.
- Click Log In.
ENTERING YOUR WELLNESS DATA

- Upon login, the My Wellness page will appear with today’s date.
  - If you have navigated to another page, you may return to the My Wellness page by clicking the My Wellness tab at the left.
  - If you need to enter data for another date, you may click on that date within the calendar.
  - Days for which data has been entered already are marked with a green checkmark.

- Enter your data for the fields available for Physical Activity, Positive Living Behaviors and Food Intake.

- Information regarding each tracking element is available by clicking the Info link.

- Goals are listed in the right column. They have been derived from initiatives put forth by the USDA and other sources.

- When complete, click the Track My Wellness button to save your information.

Note: For January 2007, H2O compliance will be achieved by those tracking their data for each day, regardless of whether the participant has achieved the stated goals.
VIEWING YOUR WELLNESS PROGRESS

• After login, click the **My Progress** tab at the left.

  ![Image of My Progress](image)

  **My Progress**

  **PHYSICAL ACTIVITY**
  - Track my: Number of Steps
  - Length of time: Last week
  - Show My Progress

  **POSITVE LIVING BEHAVIORS**
  - Track my: Number of "daily" positive living behaviors practiced today
  - Length of time: Last week
  - Show My Progress

  **FOOD INTAKE**
  - Track my: Whole grains made up more than half of grain intake today
  - Length of time: Last week
  - Show My Progress

• Select one of the wellness tracking elements (e.g., Cups of Dairy) and a length of time (e.g., Last week). Click **Show My Progress**.

• A graph showing your behaviors for that element appears at the bottom of the page.
LOGGING OUT

- To log out click the Logout link on the upper-right area of the screen.

OTHER HELPFUL H₂O FEATURES

- Guidelines tab
  - Information regarding the H₂O Wellness Program goals, compliance and prize eligibility.
- Resources tab
  - Links to helpful wellness and nutrition web sites
  - Class list and registration information
  - Off-site class information
- Help tab
  - How to get assistance with entering your wellness data.

For further information on the H₂O Wellness Program at Hope College, please contact Sue Beckman, Wellness Program Director at wellness@hope.edu or call 616.395.7088.