irtual Loudoun # How to...

Capture a Screenshot of your Movband Activity Log

Pre-requisites:

You should have already setup your Movband 2 on your computer. The Movband 2 Setup guide can be found here.

Important: Please make sure you are registered and have synced your device <u>before you use your Movband for the first time</u>. Using your Movband prior to registering your account will cause you to lose the activity moves/miles/steps you've earned before registration.

If you were provided a Movband that was previously used, it is necessary for you to reset the account associated with your Movband before you can use it to begin tracking your daily moves. Instructions on how to send a reset request to the Movband manufacturer can be found here.

Figure 1

Your Movband **must be fully charged and sync'd at least once per week** to ensure none of your data is lost. Use the provided short USB cable to charge and sync your device. If it is plugged in and charging correctly, the screen should look like *Figure 1*.

Figure 2

Instructions:

1. Using the computer you used to set up the Movband Sync software, plug in your Movband to a USB port on your device. After a few seconds, the screen on your Movband will change to Sync (*see Figure 2*)

Note: If you are prompted to log in, your Movband device has not been set up on your computer. Follow the instructions on the setup and reset guides to before continuing.

2. Once your device is done sync'ing your move data, the Movband dashboard will automatically open in a browser window. (*see Figure 3*)

3. Click on **Select Range** and select **Custom Range** from the drop-down list.
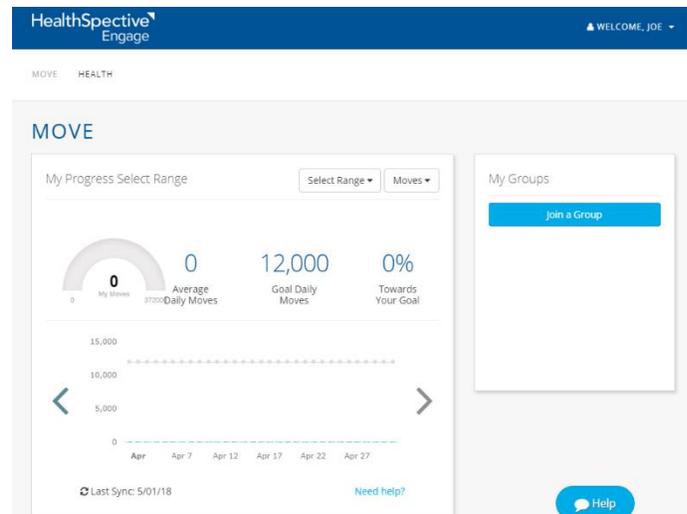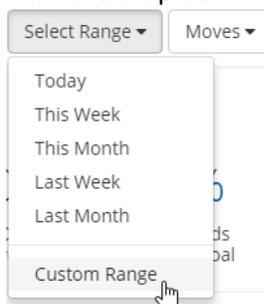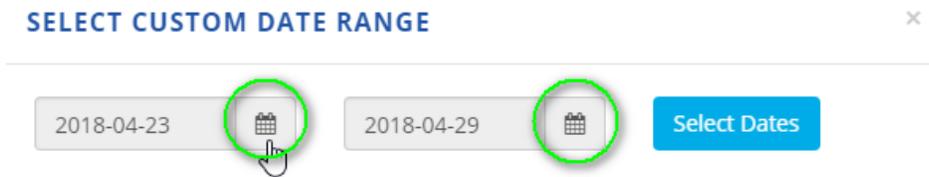

Figure 3 - Movband dashboard

4. Click on each of the calendar icons in the SELECT CUSTOM DATE RANGE window to select the start and end dates for the **week of data** you want to submit for your fitness log, and click on Select Dates.

SELECT CUSTOM DATE RANGE   ✕

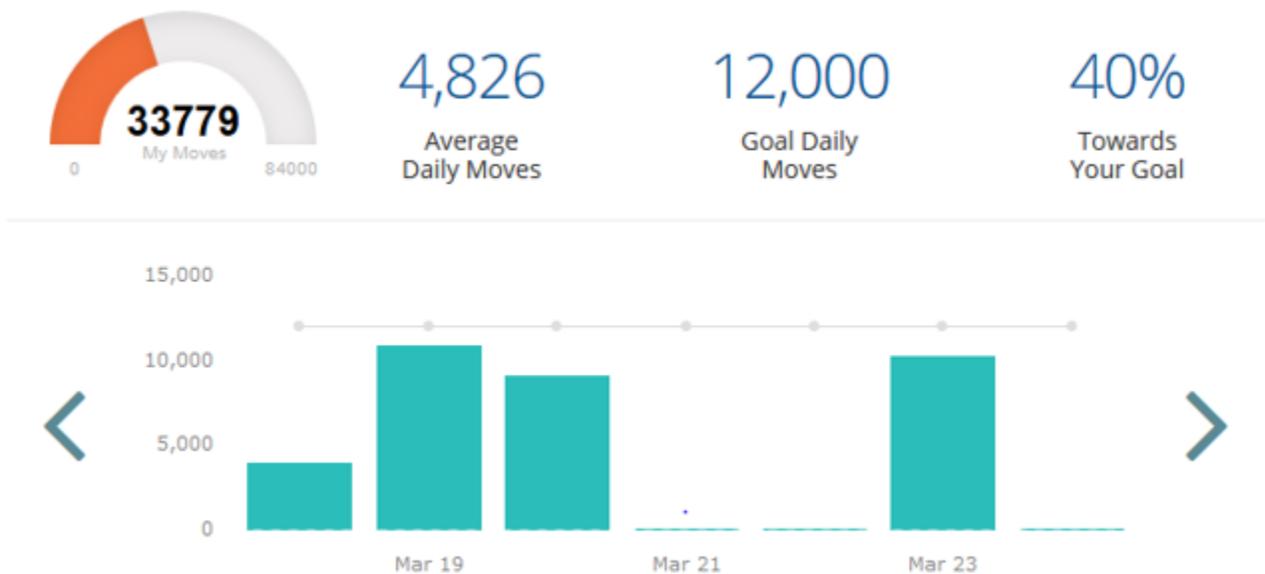[2018-04-23   📅]   [2018-04-29   📅]   [Select Dates]

5. The activity data for the date range you selected will be shown on your screen. You will need to take a screenshot of the data to submit as verification with your fitness log.

   Windows computers have a built-in screen Snipping Tool. Instructions on how to use Snipping Tool can be found here.

   Instructions for taking a screenshot on a Mac can be found here.

   An alternative to taking a screenshot directly on the computer would be to use a mobile phone. Instructions for using a free mobile app call Genius Scan to create a PDF from an image you've capture using your phone can be found here (under Convert Your Written Work to a PDF.)

33779
My Moves
0   84000

4,826
Average
Daily Moves

12,000
Goal Daily
Moves

40%
Towards
Your Goal

15,000

10,000

5,000

0

Mar 19   Mar 21   Mar 23

6. The dates on your Movband activity verification must correspond with the dates on your fitness log. In your course, submit your Movband activity along with your fitness log to verify the activities you've listed on your fitness log.

7. Submit your fitness log, and activity verification, weekly to the Fitness Log Dropbox in your course.