

# American Heart Association tracking website registration

<http://startwalkingnow.org/registration.jsp>

The screenshot shows a Mozilla Firefox browser window displaying the American Heart Association's registration page. The browser's address bar shows the URL <http://startwalkingnow.org/registration.jsp>. The page features the American Heart Association logo and the "start!" logo. A navigation menu includes links for Home, Why Start! Walking?, Community, Find A Walking Path, Tracker, Start! Heart Walk, Resources, and In the Workplace. The main content area is titled "Start! Walking for a Healthier Lifestyle" and lists benefits of joining the Start! Movement, such as access to an e-newsletter, an online tracker, a walking guide, a community, and a personalized walking plan. A "Contact Info" section contains three input fields for First Name, Last Name, and Email, with a red error message "First Name is required" next to the First Name field.

American Heart Association - Learn and Live :: Forget your password? - Mozilla Firefox

File Edit View History Bookmarks Tools Help

http://startwalkingnow.org/registration.jsp

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American Heart Association - Learn ...

start! American Heart Association Learn and Live

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Donate!

Login | Become A Member

Home Why Start! Walking? Community Find A Walking Path Tracker Start! Heart Walk Resources In the Workplace

## Start! Walking for a Healthier Lifestyle

Join the Start! Movement. Your free membership gets you:

- A monthly **Start! e-newsletter** with health tips, recipes and more
- Access to the **My Start! Online Tracker** - an easy-to-use physical activity and nutrition tracker
- Access to the **Start! Daily Walking Guide** - an optional companion tool to the Tracker that gives you tips, shares inspiration, gives you quick access to your Walking Plan and offers you a journal to keep your thoughts and ideas. Place it on your social media site and keep all your MyStart! health tools conveniently at hand all day!
- Exclusive use of the **My Start! Community** where you can connect with others for support and motivation! Find friends or "Sole-Mates" to walk with in your area or to provide encouragement from a distance.
- Access the **My Start! Walking Plan** - a personalized walking plan to get you on your way to a healthier you.

### Contact Info

First Name \*  First Name is required

Last Name \*

Email \*

Done

# Registration Content

<http://startwalkingnow.org/registration.jsp>

Complete  
information  
fields  
accordingly.

**Contact Info**

First Name *	<input type="text"/>	First Name is required
Last Name *	<input type="text"/>	
Email *	<input type="text"/>	
Address 1 *	<input type="text"/>	
Address 2	<input type="text"/>	
City *	<input type="text"/>	
State *	<input type="text" value="Please Select"/>	
Home or Local Zip Code *	<input type="text"/>	

# Registration Content

<http://startwalkingnow.org/registration.jsp>

Click

Type  
“**Foothill**”  
in the  
Search Box,  
then click  
“**Search**”  
to find the  
District

Optional

Create your  
own login  
password.  
Username will  
be your email  
address.

**Contact Info**

First Name *	<input type="text" value="Test"/>
Last Name *	<input type="text" value="Employee"/>
Email *	<input type="text" value="withglasses@gmail.com"/>
Address 1 *	<input type="text" value="12345 El Monte"/>
Address 2	<input type="text" value="HR"/>
City *	<input type="text" value="Los Altos Hills"/>
State *	<input type="text" value="California"/>
Home or Local Zip Code *	<input type="text" value="94022"/>
Company	<input type="text"/>

Your company will only be used to place you on the proper leader board within the MyStart! It will not be displayed on your MyStart! Community profile.

Dept/Team

Company Zip

Password\*

Confirm\*

**Health Info**

Your employer will NOT see this information and it will not be displayed on your MyStart! Community profile. It is used by the Tracker to help calculate and translate your non-walking/running activities into "Total Steps".

**Search Results:**

<input type="text" value="foothill"/>	<input type="button" value="Search"/>
ZIP	Company
94022	FOOTHILL-DE ANZA COMMUNITY COLLEGE DISTRICT

- If you are registering as part of your company's wellness program, please contact your HR representative to get the exact company registration information.
- Company not listed? Then please contact your HR representative to **get your company registered**.

Pasword is required

# Registration Content

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## Health Info

Your employer will NOT see this information and it will not be displayed on your MyStart! Community profile. It is used by the Tracker to help calculate and translate your non-walking/running activities into "Total Steps".

Weight \*

Height

 Feet Inches

## Preferences

If checked, your employer will be able to see your name, department, email address, and physical activities. However, **no one will see your health information (i.e. weight or height).**

If checked, you may receive special offers and information from our Start! Sponsors

Click this box to indicate you agree to the **Terms of use\***

Click this box to indicate you agree to the **Community Guidelines\***

Submit

Complete information fields accordingly.

The District will **NOT** see this information.

These are the only required boxes to check. The others are optional.

# Success!

<http://startwalkingnow.org/registration.jsp>

You should see this screen if you have successfully registered.

Take the quiz, watch the videos or explore the features (tabs) of the site.

To track your steps, click the **“Tracker”** tab.

The screenshot shows the 'start!' website interface. At the top, there is a navigation bar with a 'Donate!' button and links for 'Invite a Friend', 'Shop Start!', 'AHA Home', 'Sponsors', 'Media', and 'Contact Us'. The main header features the 'start!' logo, the American Heart Association logo, and the tagline 'Learn and Live'. Below the header is a horizontal menu with tabs: 'Home', 'Why Start Walking?', 'Community', 'Tracker', 'Walking Paths', 'Start! Heart Walk', 'Resources', 'About Start!', and 'In the Workplace'. The main content area is titled 'MyStart! Walking Plans' and includes a 'Take the Quiz' button. A sidebar on the right contains a 'Plan Your Route to Success!' section with another 'Take the Quiz' button and a 'Terms and Conditions' link. At the bottom, it is noted as 'Nationally Sponsored By: SUBWAY eat fresh.' with a small logo and text: 'SUBWAY® is a registered trademark of Doctor's Associates Inc.'

Enter daily steps and follow directions on the screen. You can go back and enter steps if you miss a day.

# Tracker

Steps are automatically totaled and calculated

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## MyStart! Online Tracker

Tracker Dashboard | Activity Diary | Nutrition Diary | Company Scoreboard | MyStart! Walking Plans | Edit My Info | FAQ/Help

**Add an Activity**

Activity:

Additional Activities

Date:

Minutes:

Have Total Steps?

1/2 mile = on avg. 1,000 steps

Convert Steps To Miles

Miles:

Comments:

Intensity:

**Routes**

**Activity Diary** [Log](#) | [Map / Routes](#)

Week of: **Tue Mar 16 2010** [Prev](#)

Date	Activity Type	Comments	Minutes	Miles	Intensity	Delete / Edit
Tue Mar 16 2010	Walking		60	4	Moderate	<input type="button" value="Delete"/> <input type="button" value="Edit"/>

Start Date:  End Date:

Total Time	Total Distance	Total Steps All Activities	Total Walking/Running Steps only
60	4	8000	8000

You can choose a certain date range to display, i.e., 11-15-2010 to 12-10-2010, and print your log to turn in.

# Resources

Resources tab

<http://startwalkingnow.org/registration.jsp>



## Videos to Get You Started

### Start! Walking at Home

Here's your chance to experience the new *Start! Walking at Home* videos. Produced by ExerciseTV in cooperation with the American Heart Association, they're a great way to find tips and motivation for getting a workout at home. Watch them for free below.

Nationally Sponsored By



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All	Most Popular	Beginner	More
	<b>1 Mile Walk</b> (21:50) It's time to get mo...		
	<b>3 Mile Walk</b> (46:06) In this 45-minute ...		
	<b>Boost the Intensity of Your Walking</b> (0:51)		

### Start! Heart Walk



The **Start! Heart Walk** is a great way to help fund and support the life-saving mission of the American Heart Association. Held nationwide, Start! Heart Walks promote physical activity and heart-healthy living in an

# Alternative Tracking

[http://hr.fhda.edu/benefits/stories/storyReader\\$77](http://hr.fhda.edu/benefits/stories/storyReader$77)



Week 1		Goal: _____ steps per day							_____ steps per week	
Activity:		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:								0	0
Other Activity:	Minutes/Miles Conversion	Converted Steps								
1:									0	
2:									0	
3:									0	

Week 2		Goal: _____ steps per day							_____ steps per week	
Activity:		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:								0	0
Other Activity:	Minutes/Miles Conversion	Converted Steps								
1:									0	
2:									0	
3:									0	

Week 3		Goal: _____ steps per day							_____ steps per week	
Activity:		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:								0	0
Other Activity:	Minutes/Miles Conversion	Converted Steps								
1:									0	
2:									0	
3:									0	

Week 4		Goal: _____ steps per day							_____ steps per week	
Activity:		Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Subtotals:	Weekly Total:
Walking	Daily Number of Steps:								0	0
Other Activity:	Minutes/Miles Conversion	Converted Steps								
1:									0	
2:									0	
3:									0	

An **Excel version** of a walking tracker can be found online on the District's 10,000 Steps Challenge website. It will automatically calculate your steps.

A **printable, manual version** (which can be completed by hand) is also available.