

# Activity History Feature

In addition to logging the exercise, our website also compiles a total list of activity history. This includes the first day you start logging until years after that. On the activity history page there is a tool that can be used to compute total time, program miles, actual miles, weight loss, etc. For example you can look up how many times you biked for the month of October. To the right is an example of what it looks like on the website.

Activity:

Start Date:

End Date:

|                 |        |
|-----------------|--------|
| Total Time:     | 40:30  |
| Program Miles:  | 162.00 |
| Actual Miles:   | 0.00   |
| Weight Loss:    |        |
| Activity Count: | 6      |