

Program Management

Using the exercise log to record activities and exercise can be good for personal use as well as for motivational programs. Professional & Personal Wellness runs a series of different programs which can be found on the main page under "Programs." However, we can help you design a program that is right for you in which you will use this logging feature on the website.



Team Programs

- Currently we use it for individual use as well as for team programs. We can use the log to record exercise in minutes, miles, as well as weight programs. For example we have a program called "Go The Distance." This program is a team program in which the teams accumulate miles to reach their goal of 150 miles in 8 weeks. Below is an example of what it looks like inside the website when participants are logging for Go The Distance.



Teams	<u>Total</u>
BDD Team	46.00
Distance Dawgz	31.00
Downtown Angels	84.46
Fit for Life Divas	31.33
Keeping up w/ the Belt	9.87
Lime N Da Coconuts	8.00
Phatties	31.5
R.T.C. Ready To Conquer	50.00
SBH	48.14
The Three Chicks	16.14

- ✦ Our website calculates each participant's miles into a collective total for the team. It is also interactive; when you click on the team name, the members of that team will show up. When a participant reaches the target goal, in Go the Distance it is 50 miles, the participants name will show up in a box showing they qualify for the final drawing. Below is an example of what this looks like inside the website.

Programs	Total Miles
Go The Distance	719.29
Burrma, Sandi *	
Dove, Donna *	
Hursley, Pam *	
Erk, Marge *	

* Users who met the program target

- ✦ We have also used this logging system for programs such as Mile Club which is an individual program where you can record your miles every day. Once you reach certain milestones such as 100 miles you receive a t-shirt. We also do this when you reach 500 miles, 1000 miles, and every 500 after that.
- ✦ Other programs that we offer using this logging feature include Biggest Loser which is a weight logging program, Office Lunch Bunch which is where you record you exercise in minutes, and many more. The team programs are a great way to rally co-workers and have fun while exercising. The individual programs are great to keep yourself on the right track and stay motivated while sticking with your exercise routine.