



## **LifeBalance Walking Tracker & Journal**

In the password protected MyLifeBalance section, LifeBalance members create a free account to use the **LifeBalance Walking Tracker & Journal**. The Walking Tracker & Journal is another active tool to help members achieve better health in reaching their activity and fitness goals.

- Keep track of the number of steps you take each day
- Track walking by step count, duration or distance
- Set step count goals
- Track progress
- Get helpful walking related tips – ask the expert
- Create walking teams
- Group reporting and individual tracking tools
- Provide incentives
- Walking resources
- Equipment-custom arch support, shoes, gait analysis

The Walking Tracker and Journal is yet another comprehensive tool to engage members to make active lifestyle choices for better health. Through the use of these tools members can set goals and monitor progress to see and feel the healthy results of a dedicated walking program.