



### Veterans Walk to Beat Back Pain

- Study info
- Sponsors

### User login

Username:

Password:

[Request new password](#)



Your walking goal for today is **8300 steps.**

**Report an illness or injury**

### Jane

- Home
- Getting started
- Download software
- Forums
  - Profile
- Basic Back Care
- F.A.Q.
- Questions or concerns
- Logout

### Veterans Walk to Beat Back Pain

- Study info
- Sponsors

### Today's weather



74 degrees at Ann Arbor, MI.

### Your progress

So far this week you have met your walking goal on 2 of 5 days. Your average daily step count for the week is 6009 steps.

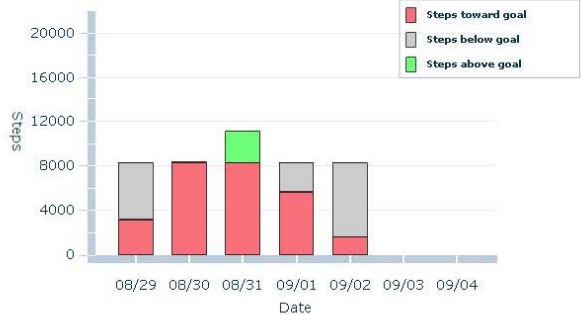
Click on a day in the calendar to view that week. Click on a bar in the graph to see the day's detail.

September 2010

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Week and day Step types Goal history

### Steps for the week of August 29, 2010



Active conversations In the spotlight Quick tip Walking blog

- What's your snack of choice?
- Is anybody out there??
- Inversion Tables
- Road Blocks and Super High Ways
- What's that blinking "B1" icon on my pedometer?

[more](#)