

How to Delete/Edit Steps

1. Login to your UWALK account

UWALK

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caleigh@marigold.ab.ca

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.....

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2. Go into your DASHBOARD

UWALK

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WALK WITH US!

UWALK is focused on empowering people to be active through walking. Track activities and steps online. Challenge yourself and your friends to be more active each and every day.

LEARN MORE

3. Enter your LOG

The screenshot shows the UWALK dashboard. At the top right, it says "Welcome **Caleigh**" with a profile icon, "Notifications 6", and "Log Out". The main navigation bar includes "HOME" (with a red arrow pointing to it), "LOG", "CONNECT", "TEAMS & GROUPS", "FEED", and a "+ ADD STEPS" button. Below the navigation bar, the "STEPS" section displays "YOUR GOAL: 10000 STEPS/DAY EDIT". It shows progress for "MONDAY" (0 steps, 0%), "THIS WEEK" (0 steps, 0%), "AVG. THIS WEEK", and "THIS MONTH" (47,182 steps, 26%). A target graphic is visible on the right side of the dashboard.

4. Scroll down the page to find your LOGGED ACTIVITY

The screenshot shows the "YOUR LOGGED ACTIVITY" section. A red arrow points to the title. Below the title is a note: "Only your logged activity will show in the table above, days for which you do not have any activity will not be displayed." A table shows activity for the period "NOV. 12 2013 - NOV. 18 2013". A red arrow points to the back icon on the left of the date range. The table lists activity for Sunday, Friday, Thursday, and Wednesday, November 2013.

DATE	STEPS	FLIGHTS
SUNDAY, NOVEMBER 17 2013	7311	0
FRIDAY, NOVEMBER 15 2013	5691	0
THURSDAY, NOVEMBER 14 2013	5103	6
WEDNESDAY, NOVEMBER 13 2013	10983	5

5. Locate the day that you want to edit. You may need to use the back icon to find the correct week/day.

6. Click on the day. A menu will appear allowing you to delete or edit your logged information.

YOUR LOGGED ACTIVITY ?

Only your logged activity will show in the table above, days for which you do not have any activity will not be displayed.

< **NOV. 5 2013 - NOV. 11 2013** >

FRIDAY, NOVEMBER 8 2013 **STEPS: 6794 FLIGHTS: 6** ▼

9:08 A.M.	Steps	6,794	Edit	Delete
9:08 A.M.	Flights	6	Edit	Delete

