



EcFit Goals and Score Calculations

Setting Goals

- **Units:** Physical Activity is measured in
 - Minutes of activity
 - Steps
 - Workouts
- **Units + Time Periods:** Goals use both units and time:
 - 150 minutes every week
 - 300,000 steps every month
- **Multiple Goals:** You can set one or more goals:
 - Example: Experts recommend 150 minutes of moderate aerobic physical activity PLUS two muscle-strengthening workouts.

Setting Goals #2

Month of January						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Started EcFit		30 min		20 min		EcFit Call
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 min	45 min	25 min	30 min	30 min	30 min	EcFit Call

If your goal is 150 minutes every week... only the last week counts!

If you have a goal of 650 minutes every month... the last month counts.

Your choice of a weekly or monthly goal depends on what motivates you:

- Your score will fluctuate (both up and down) faster with the weekly goal
- Your score will be more stable (both high and low) with a monthly goal

Calculating EcFit Scores - #1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Signed up for EcFit	20 minutes	30 minutes	50 minutes	20 minutes	30 minutes	EcFit Call

- You set a goal of 150 minutes every week, and your actual exercise occurred as shown above.
- You scheduled EcFit to call once a week, on Sundays. You report 150 minutes of exercise.
- EcFit Reports: **You have completed 100% of your goal!**

Calculating EcFit Scores - #2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Started EcFit	20 minutes	30 minutes	50 minutes	20 minutes	30 minutes	EcFit Call

- Your goal is 500 minutes every month.
- You report 150 minutes of exercise in your first week of EcFit use.
- EcFit Reports: **At this rate, you will complete 129% of your target.**
- Explanation:
 - You've only used EcFit for 7 days (not a month), so it can't say whether you have or haven't met your monthly goal.
 - If you exercise at your current rate (150 minutes in 7 days) you will complete 129% of your goal - about 640 minutes in a month.

Weekly Results Can Drop Faster

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Started EcFit	45 min	30 min	30min	20 min	50 min	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20 min		EcFit Call			

If your goal is 150 minutes every week... only the last week counts!

At this point you've completed 20 minutes this week, so you are below target. The long workouts last week don't count! **If you want more stable scores, try choosing a monthly goal.**

Monthly Results Stay Down Longer

Month of January						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Started EcFit		15 min		20 min		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			60 min	45 min	60 min	EcFit Call

If your goal is measured every month... it takes longer to catch up when you're below target. (Compared to a weekly goal).

So here you'd be below your monthly goal of 650 minutes – even though you got lots of activity in the last few days – because you didn't get much activity during the first week of EcFit use.

If catching up quickly is important to you, try a weekly goal.

Activity Minutes – Moderate or Vigorous?

- Each minute of vigorous activity is equivalent to two minutes of moderate activity.
 - Vigorous activity includes things like running, whereas moderate activity includes activities like walking.
 - Example: 20 minutes of running = 40 minutes of walking.
- You can log it this way in EcFit. Example: if you completed 20 minutes of running and 30 minutes of walking, you can count that as 70 total minutes of exercise.
- You can find out more about this topic at:
- <http://www.health.gov/paguidelines/pdf/adultguide.pdf>