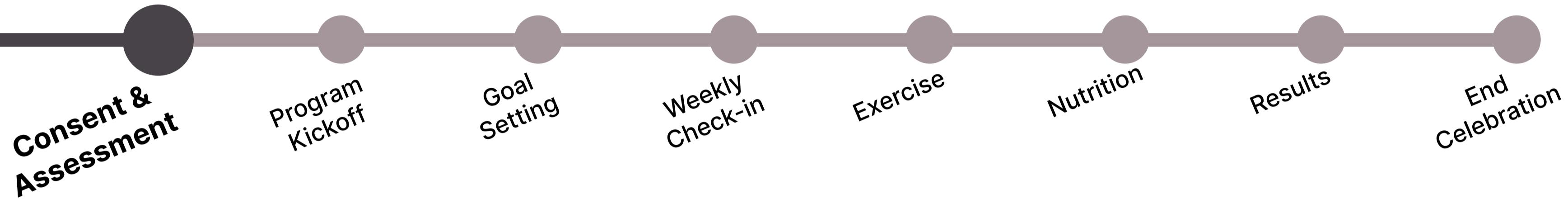
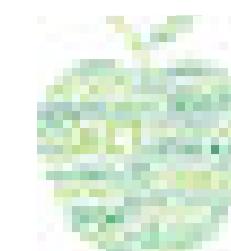
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Consent &amp; Assessment

Program Kickoff

Goal Setting

Weekly Check-in

Exercise

Nutrition

Results

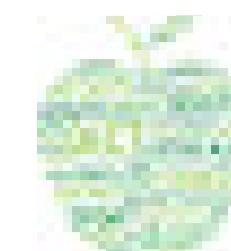
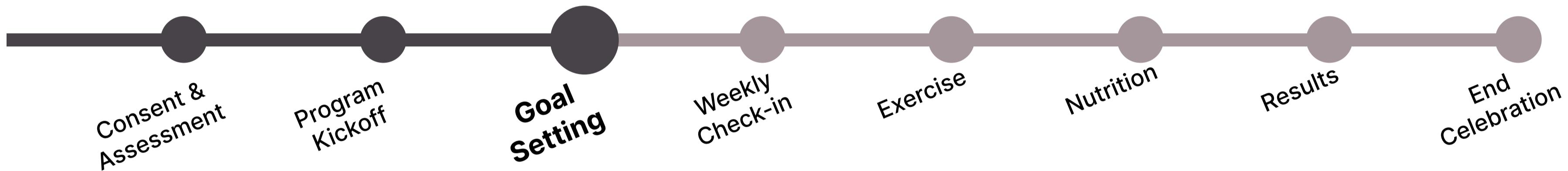
End Celebration

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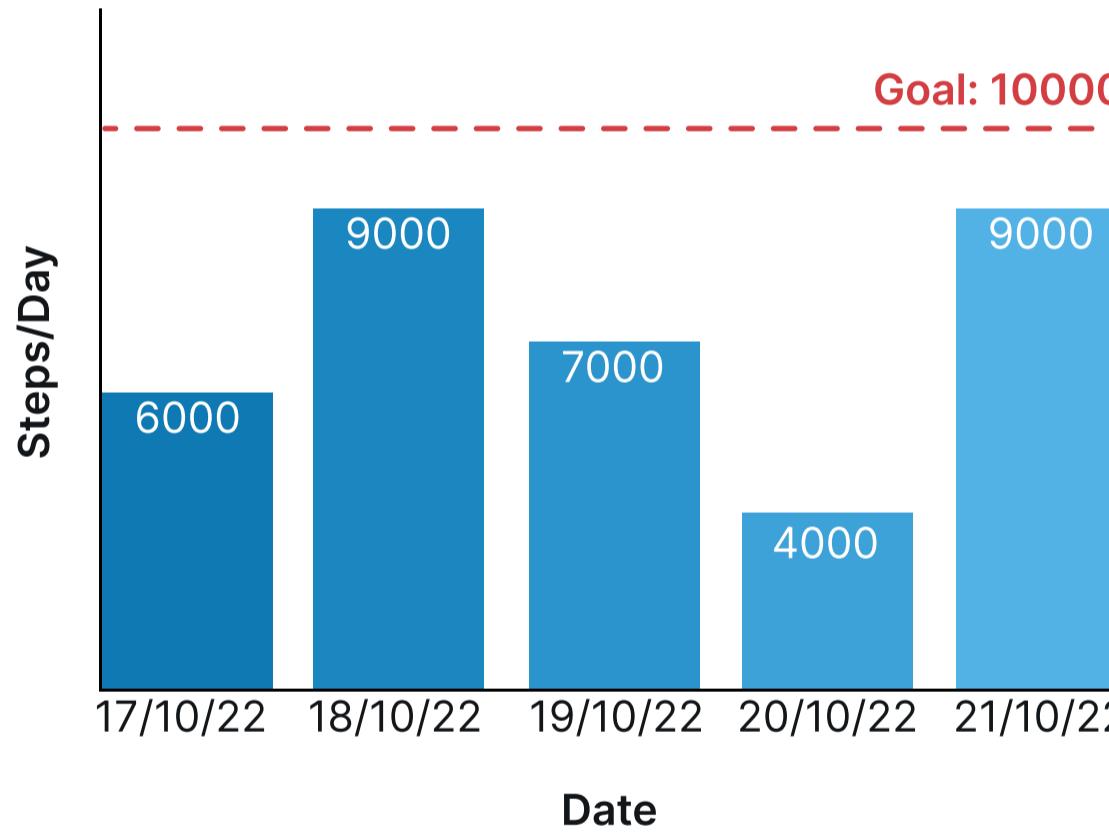
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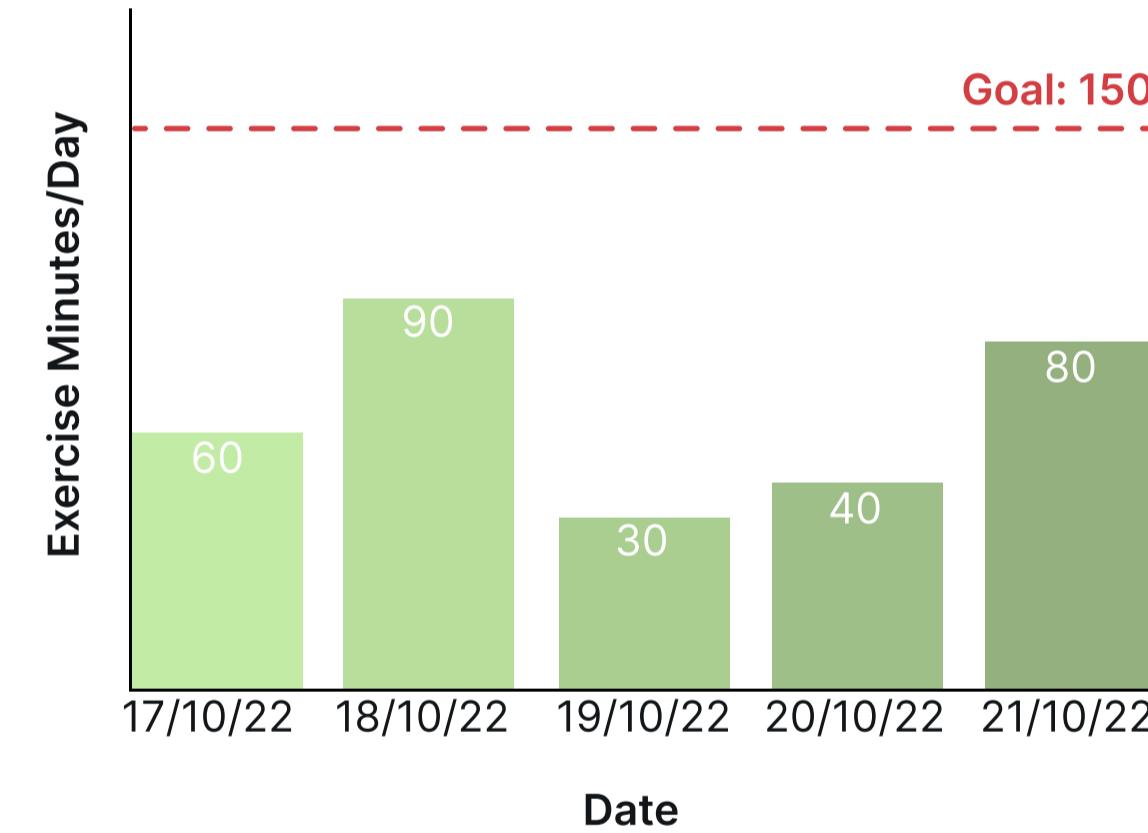
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## Physical Activity

Target Number of Steps/Day: 10000  
 Actual Number of Steps/Day: 7000  
 Goal Progress: 70%



Target Number of Exercise Minutes/Day: 150  
 Actual Number of Exercise Minutes/Day: 60  
 Goal Progress: 40%

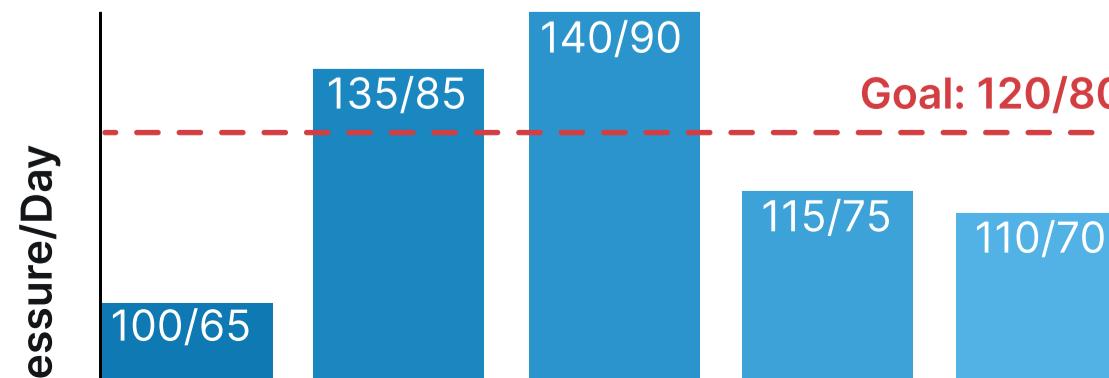


Target Heart Rate: 153 BPM  
 Average Target Heart Rate: 173 BPM  
 Goal Progress: 25%



## Health Measures

Target Blood Pressure/Day: 120/80 mmHg  
 Actual Blood Pressure/Day: 130/85  
 Goal Progress: 108%/106%

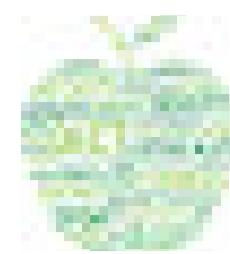


Target Hours of Sleep/Day: 8  
 Actual Hours of Sleep/Day: 6.5  
 Goal Progress: 81.25%



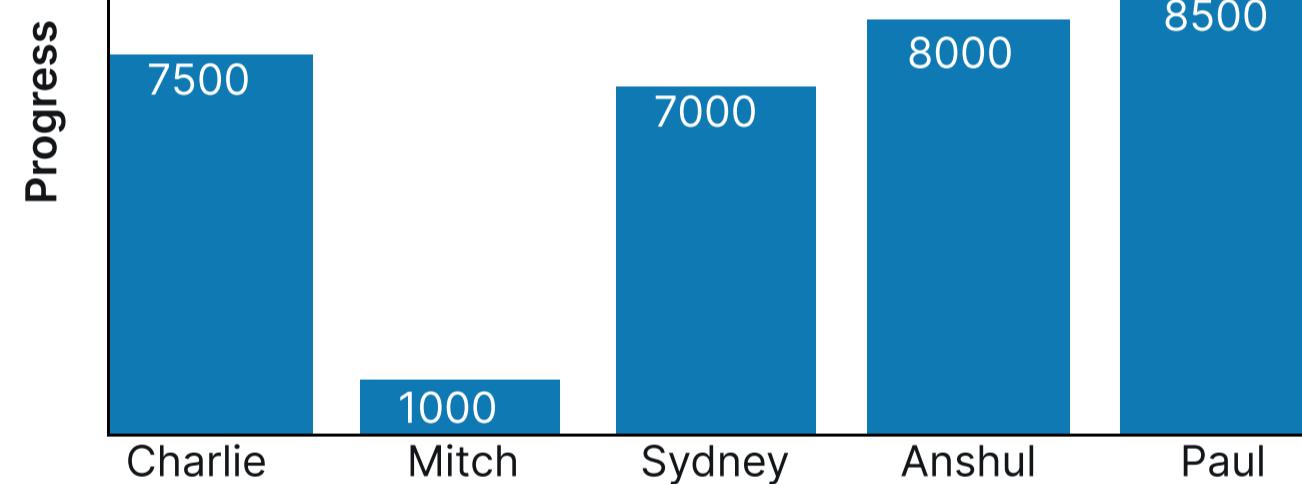
Target Number of Cigarettes/Day: 0  
 Average Number of Cigarettes/Day: 0  
 Goal Progress: 100%




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## The Graphs and Charts

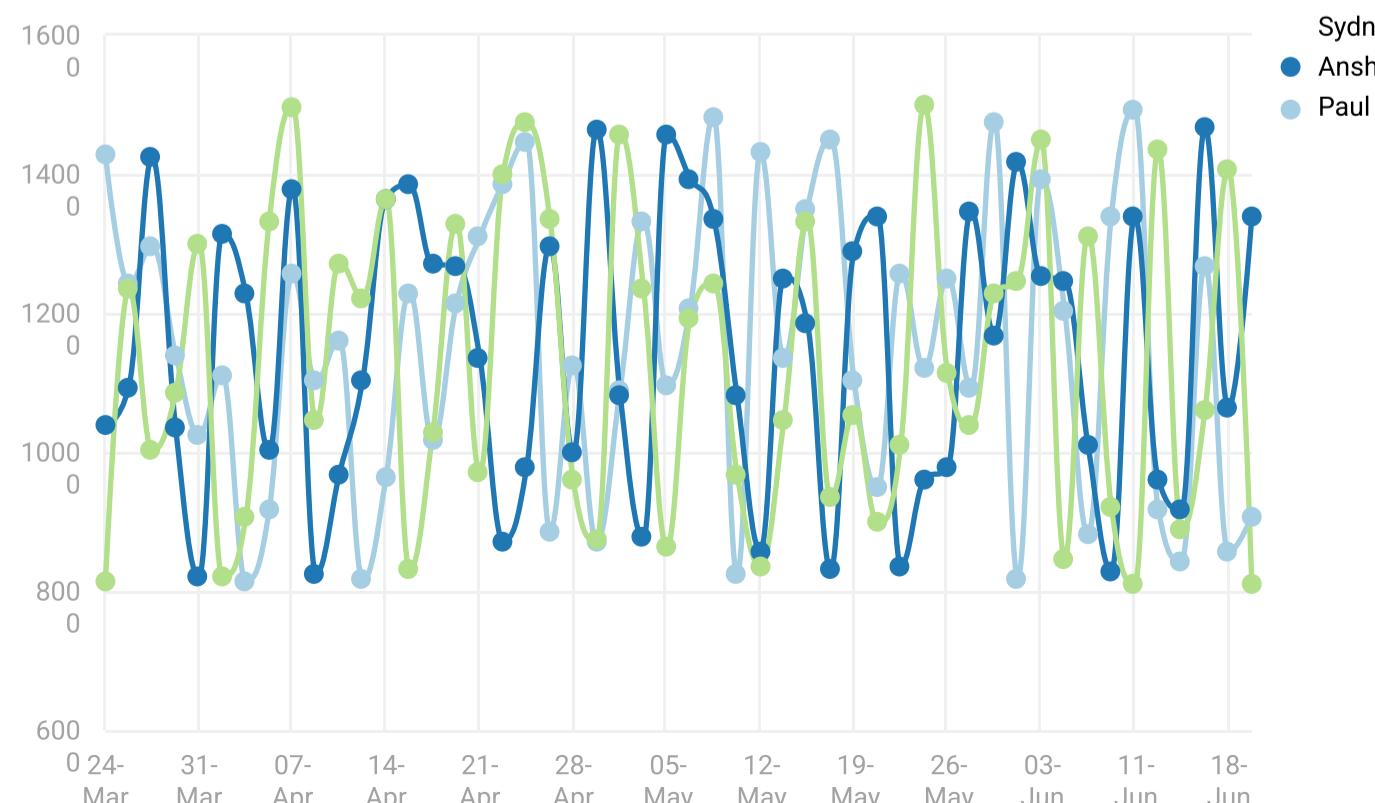
**Leaderboard**



**Rankings**

	Name	Points
1.	Paul	8500
2.	Anshul	8000
3.	Charlie	7500
4.	Sydney	7000
5.	Mitch	1000

**Daily Average**



## Discussion Board

Saturday, October 22

**Best way to get to the trailhead?**

Posted by Mitch

Sunday, October 23

**Watch out! Bear spotted by point x at 3:00 today**

Posted by Anshul

Sunday, October 23

**Tree fall around point x on trail, be careful**

Posted by Sydney

Monday, October 24

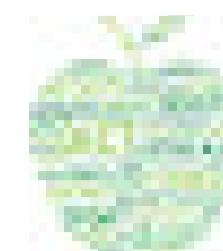
**Trail very muddy. Make sure to wear mud covers!**

Posted by Paul

Wednesday, October 26

**Group hike today at 1pm! Feel free to join**

Posted by Charlie


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[TA View](#)

## TA Contribution

October 2022

« Prev      « Today      Next »

Measure	M	T	W	T	F	S	S	Save Button	Where are you?
TA Hours								<input type="button" value="save"/>	<input type="button" value="pick"/> ▼
Unit: Hours									
Board Hours								<input type="button" value="save"/>	<input type="button" value="pick"/> ▼
Unit: Hours									
Committee Hours								<input type="button" value="save"/>	<input type="button" value="pick"/> ▼
Unit: Hours									

## Upcoming Events

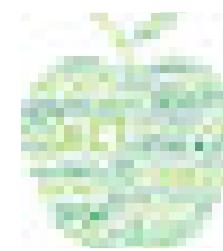
- First Event
- Second Event
- Third Event

## My TA Hours



## Important Contacts

- Emergency:
- Call **911**
- Other Contacts:



# Heal The Now

## Welcome to Community Envisioning Platform

A platform for ORT Trail Ambassadors and those joining walk/bike/wheel Wellness Challenge



Login



Register



# Heal The Now

## Welcome to Community Envisioning Platform

A platform for ORT Trail Ambassadors and those joining walk/bike/wheel Wellness Challenge



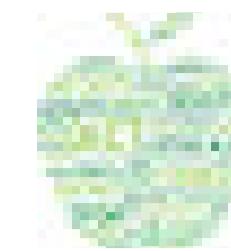
Exercise Tracker



Individual Graphs



Weekly Challenges



# Heal The Now

## Welcome to Community Envisioning Platform

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Exercise Tracker



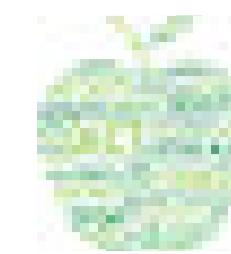
Individual Graphs



Weekly Challenges



TA View



## Welcome to Community Envisioning Platform

A platform for ORT Trail Ambassadors and those joining walk/bike/wheel Wellness Challenge



Exercise Tracker



Individual Graphs



Weekly Challenges



Health  
Professional



# Heal The Now



All the members login in here to get access  
to the resources

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Password

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to the resources

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trailambassdor@gmail.com

healthprofessionals@gmail.com

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All the members login in here to get access  
to the resources

patient@gmail.com

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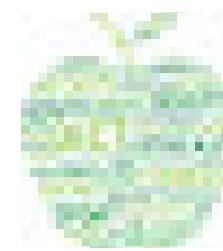
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# Heal The Now

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Email

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Password

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Confirm password

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Register

Already have an account? [Click here](#)