MySteps is a new research initiative focusing on the integration and use of Information and Communication Technologies for fostering Active Lifestyles. Through this website you can track your levels of physical activity and screen time. **MySteps Website** Learn more information Input user data into a Sign in MySteps to gain access Contact us if you have any registration form to use and about MySteps website to MySteps website. issue or enquiry regarding benefit the website functions. and its pages. About MySteps website. Login Contact Register The main page of MySteps website. In your first login, you will be redirected to the Main Fitbit website to authorize our website to get your physical activity data. In this page, the user will be asked to enter the amount In this page, the user can see his/her physical workout after the process of screen time he/she spent during the day. This time will of the synchronization (e.g. number of steps, distance walked, sedentary be mapped against the ideal level of screen time and and active minutes). shown in a visual chart. **Screen Time Statistics Physical Activity Statistics** In this page, the user can view his/her physical activity statistics versus In this page, the user can view his/her history of screen time amount, and both elements will be mapped overlaid with the physical statistics as well as screen time statistics in the ideal/recommended levels. last five days. **User History** PA vs ST In this page, the user can In this page, the user can view the In this page, the user can In this page, the user can post questions and find list of MySteps members along have a live chat with any play the online game. with their number of steps and answers for his/her online users. their progress in the game levels enquiry to other users. in the current day. **Chat Room** Game Leaderboard **Discussion Board**