

GOALS GUIDE

WHAT ARE GOALS?

OVERVIEW

The GOALS feature allows you to set weekly fitness goals and effortlessly track your progress towards completion throughout the week. All goals follow a 7-day timeframe from Sunday–Saturday.

PURPOSE

Setting fitness goals that are attainable and measurable provide you with a clear objective to work towards. The GOALS feature in OxeFit's Mobile App is the most seamless way to get started, stay motivated, and keep up the momentum.

TYPE OF GOALS

ACTIVE DAYS

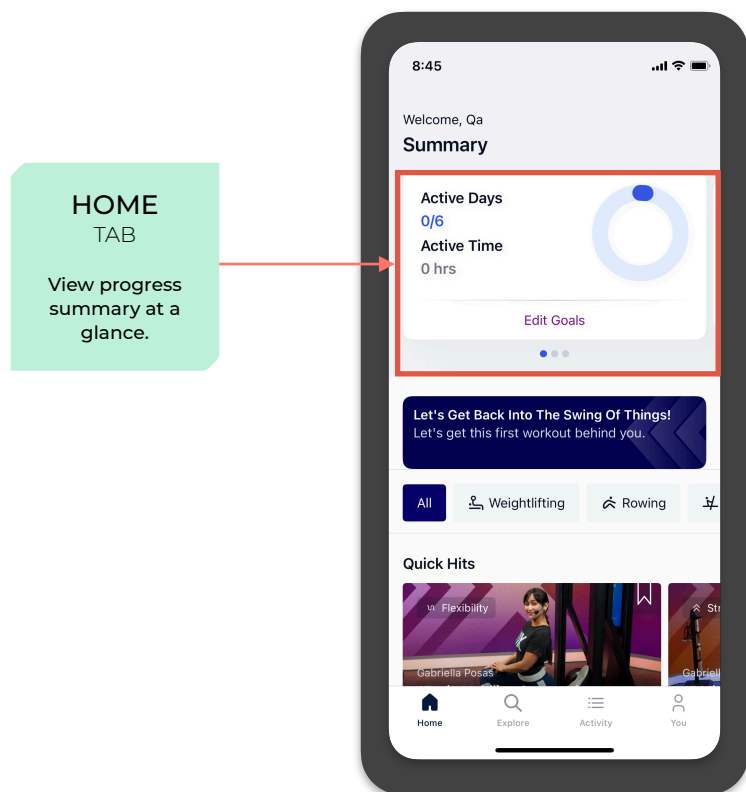
Choose how many days per week you would like to be active and then track how many days you're active each week. At least 5 min of activity is needed for the day to count towards this goal.

ACTIVE TIME

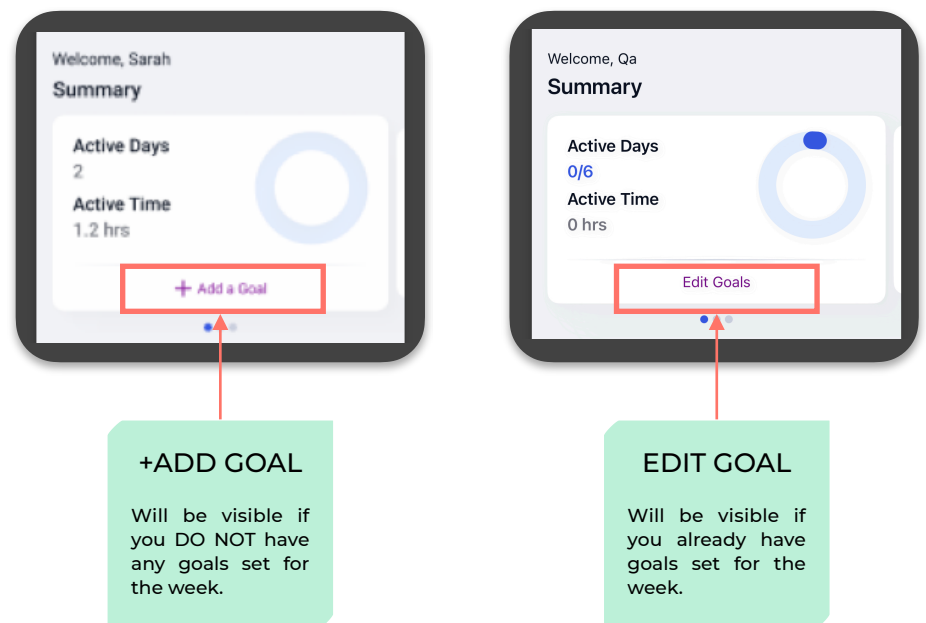
Choose how many total hours you would like to be active and then track how much total time you're active each week.

TRACKING PROGRESS

Use the Mobile App to monitor progress towards your goals "at a glance" via the summary section on the HOME tab.



ADD/EDIT GOALS EACH WEEK



GOAL STREAKS

Track your long-term success with GOAL STREAKS. Every week that you reach your goals adds to your current week count.

Find your weekly goal-tracking info via the YOU tab, and try not to break the streak!

