

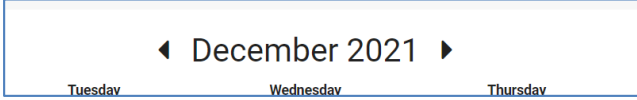
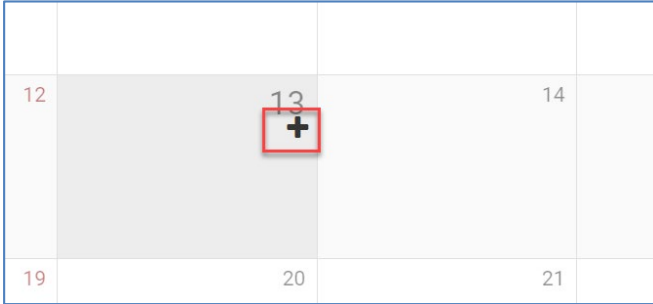
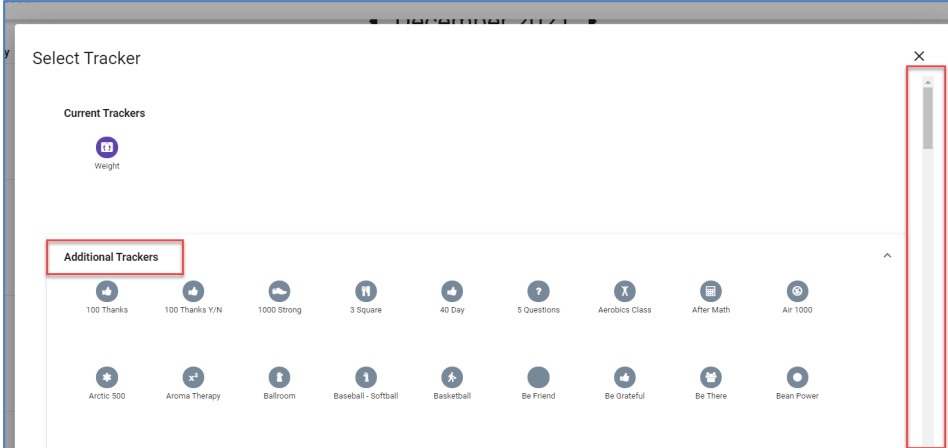
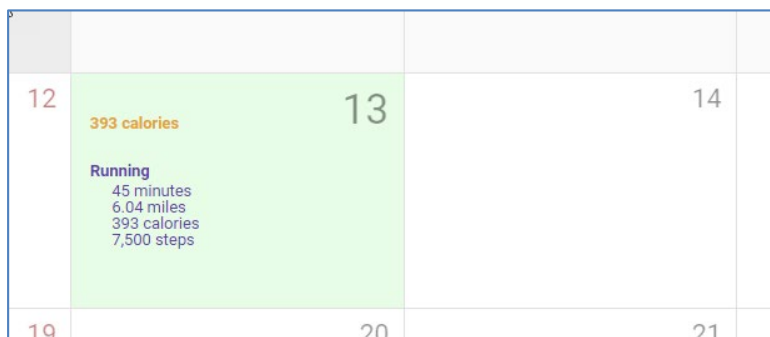
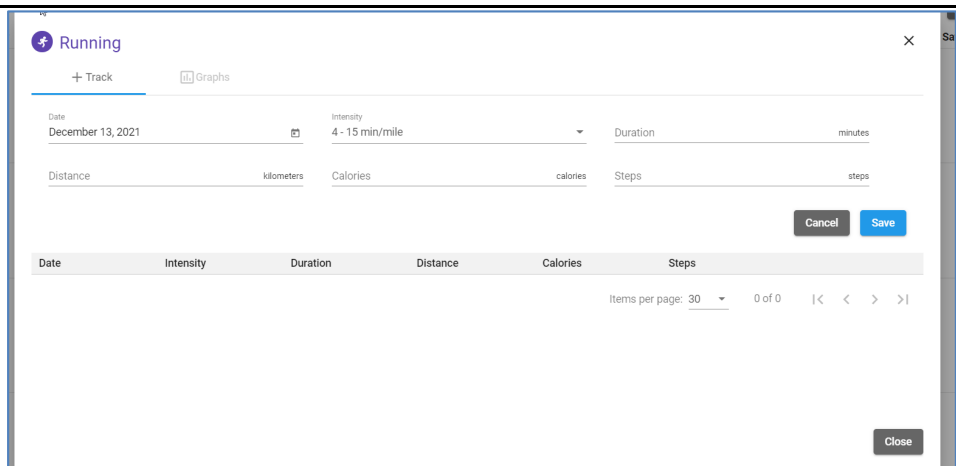


The Healthy Boiler Portal can be your one-stop source for all things health and fitness. This quick reference outlines how to utilize the calendar to track exercise (and more) and how to use text tracking reminders.

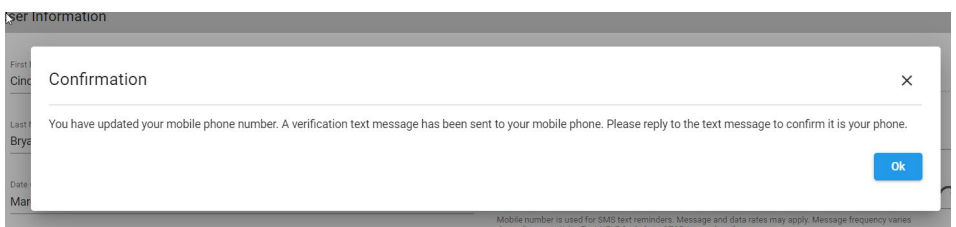
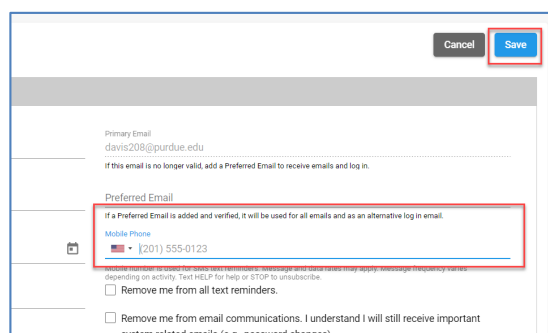
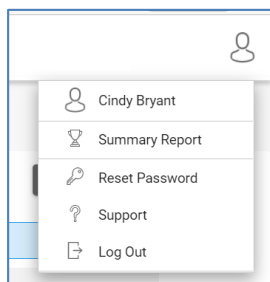
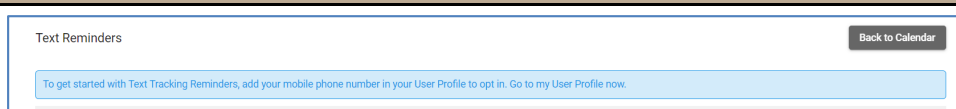
<p>Access the Healthy Boiler Portal</p> <ol style="list-style-type: none">1. Go to https://purdue.wellright.com/auth/login Complete Email2. Type Password3. Click Log In	
<p>Click Calendar from the Menu</p> <ul style="list-style-type: none">• Navigate with the arrows to the appropriate Month	 
<ol style="list-style-type: none">1. Locate the Date (today or before)2. Click the plus sign (+) to add the exercise or item you are tracking3. Select the appropriate Tracker4. Complete information you are tracking5. Click Save6. Click Close <p>Activity posts to calendar</p>	 



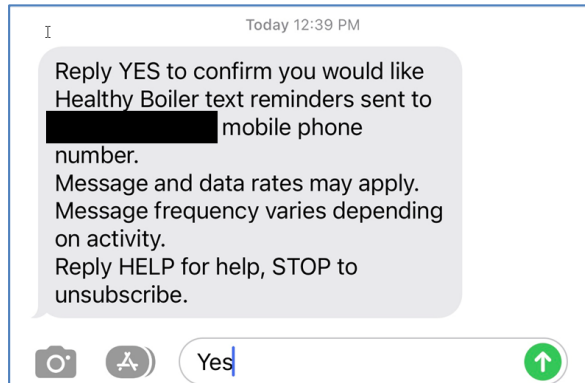
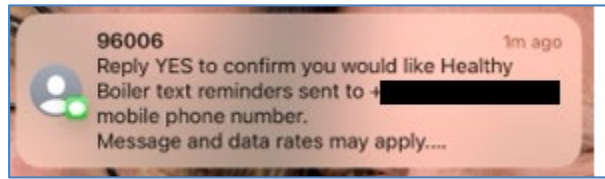
Turn On Text Reminders

In order to use text reminders, add your cell phone number in your profile.

- Hover over the **Profile icon** in the upper right of the menu
- Click **your name**
- Add **Mobile Phone**
- Click **Save**
 - Text message is sent validating number
- Click **Ok**



Type **Yes** to text reminders (on your mobile device)



Text reminders are configured based on the tracker information currently on your calendar.

Example:

If you wanted a text reminder to run every Monday and Wednesday – you could save that information.

To turn on reminders:

- Next to appropriate tracker:
 - Select time
 - Select day(s)
 - Slide status to on
 - Click Save

Text Reminders Back to Calendar

Tracker	Units	Intensity	Time	Days	Status	
Ballroom	Duration	light	03:30 PM	S M T W T F S	<input checked="" type="checkbox"/>	
Running	Distance	4 mph - 15 min/m...	01:30 PM	S M T W T F S	<input checked="" type="checkbox"/>	
Weight	pounds		08:00 AM	S M T W T F S	<input type="checkbox"/>	

Back to Calendar

Text reminder example:

