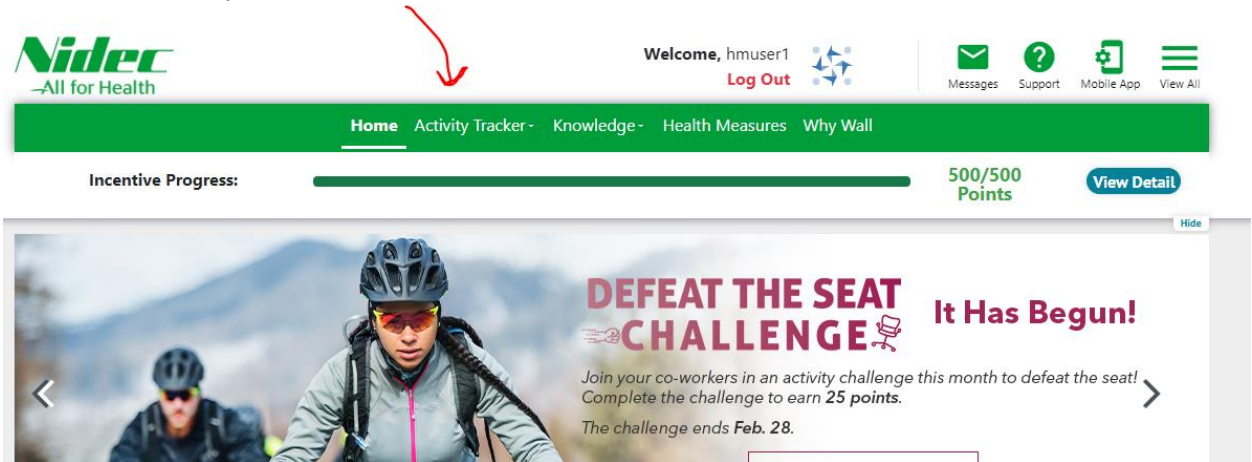


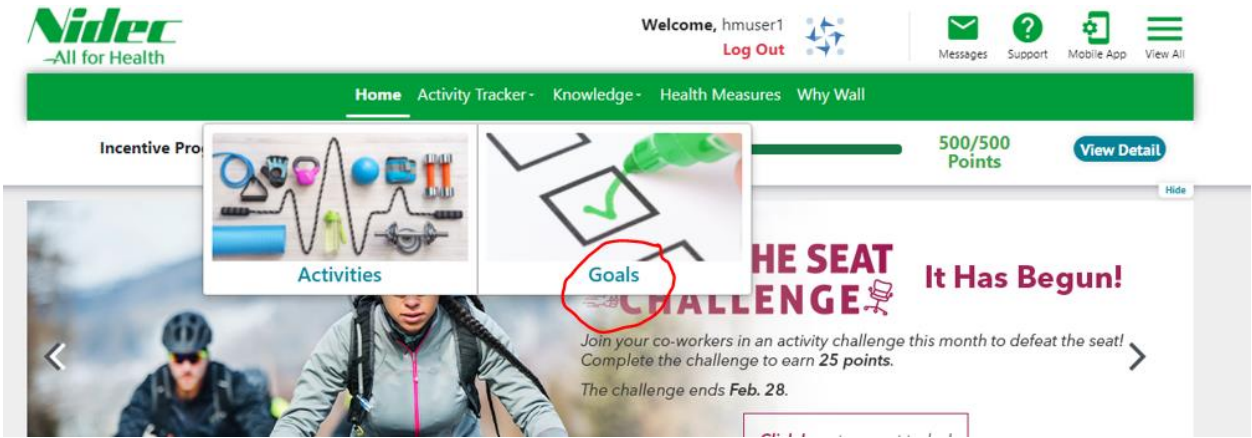
Reporting Physical Activity

1. Click on the Activity Tracker tab.



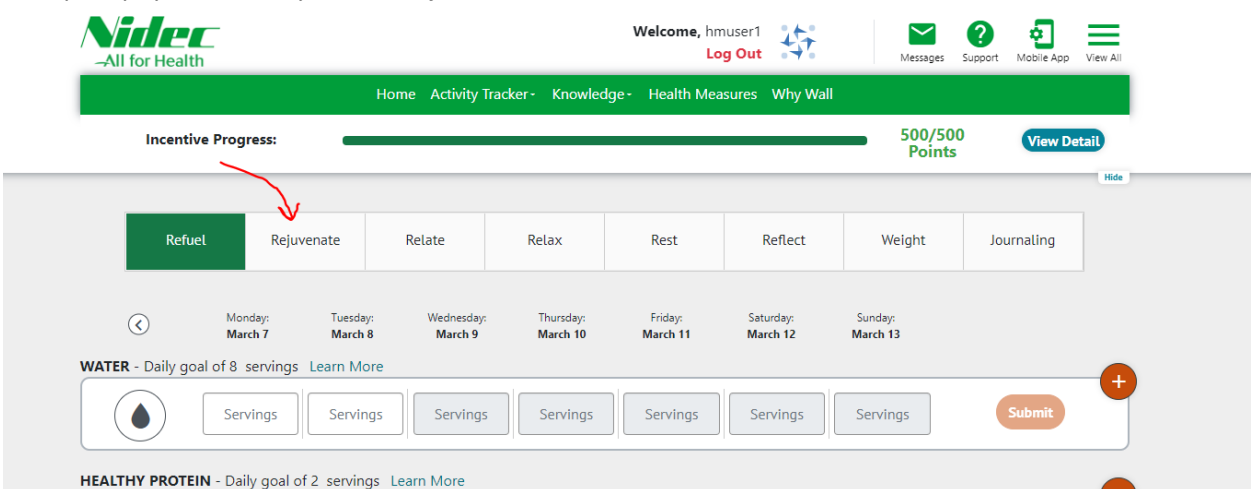
The screenshot shows the Nidec website interface. At the top left is the Nidec logo with the tagline "All for Health". To the right, it says "Welcome, hmuser1" and "Log Out". There are icons for Messages, Support, Mobile App, and View All. A green navigation bar contains the following tabs: Home, Activity Tracker (selected with a red arrow), Knowledge, Health Measures, and Why Wall. Below the navigation bar, there is an "Incentive Progress" section with a progress bar and "500/500 Points" with a "View Detail" button. The main content area features a banner for the "DEFEAT THE SEAT CHALLENGE" with the text "It Has Begun!". The banner includes a photo of a cyclist and text: "Join your co-workers in an activity challenge this month to defeat the seat! Complete the challenge to earn 25 points. The challenge ends Feb. 28."

2. Select Goals.



This screenshot is similar to the previous one, but the "Goals" tab in the green navigation bar is selected, indicated by a red circle. A pop-up menu is visible over the banner, showing two options: "Activities" (with an icon of various fitness equipment) and "Goals" (with an icon of a checklist and a green checkmark). The "Goals" option is circled in red.

3. To report physical activity, select Rejuvenate.



This screenshot shows the "Rejuvenate" tab selected in the green navigation bar, indicated by a red arrow. Below the navigation bar, there is an "Incentive Progress" section with a progress bar and "500/500 Points" with a "View Detail" button. The main content area features a row of activity options: Refuel, Rejuvenate (selected with a red arrow), Relate, Relax, Rest, Reflect, Weight, and Journaling. Below this row is a calendar for the week of March 7 to March 13. Under the calendar, there are two sections: "WATER - Daily goal of 8 servings" and "HEALTHY PROTEIN - Daily goal of 2 servings". Each section has a "Servings" input field and a "Submit" button.

4. Enter your physical activity and then click Submit.

The screenshot shows the Nidec health dashboard interface. At the top left is the Nidec logo with the tagline "All for Health". To the right, it says "Welcome, hmuser1" with a "Log Out" button and icons for Messages, Support, Mobile App, and View All. A green navigation bar contains links for Home, Activity Tracker, Knowledge, Health Measures, and Why Wall. Below this is an "Incentive Progress" bar showing a full green bar and "500/500 Points" with a "View Detail" button. A "Hide" button is also present.

The main content area features a row of activity categories: Refuel, Rejuvenate (highlighted in green), Relate, Relax, Rest, Reflect, Weight, and Journaling. Below this is a weekly calendar view for March 7 to March 13. The "STEPS" section is active, showing a goal of 5000 steps. A red arrow points to the "7500" input field, and a red circle highlights the "Submit" button. The "STRENGTH" section shows a goal of 30 minutes of strength training for 45 days per week. The "STRETCHING" section shows a daily goal of 45 minutes. The "CARDIO" section shows a goal of 30 minutes of cardio for 45 days per week. Each section has a "Submit" button and a "+" icon to expand the view.