

Track Your Progress with Wellbeats



Track your success and measure your progress in real time.

The "My Stats" feature includes a full summary of your results, including:

- Your total number of classes and class minutes played in the current month compared to your demographic and global averages
- Your total number of classes and class minutes played in the previous month
- Your total number of classes and class minutes played year to date
- And more!

You can even create a "custom watch report" to view how many classes and which classes you played in a specific period of time.

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HOW TO VIEW YOUR PERSONAL STATS:

Step 1: In your Wellbeats *Wellness*, a product of LifeSpeak Inc., account, select your name in the upper right corner, then choose "Profile"

Step 2: Select "My Stats"



Note: You can also navigate to "My Stats" on the Wellbeats *Wellness* homepage by selecting "My Stats for (Current Month and Year)".

Create Watch Report: You can create your custom watch report by selecting a start and end date, then select "Run Custom Watch Report".

