



MOVE!® Coach App Android

User Manual



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User Manual

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Overview

MOVE! Coach is a 19-week Department of Veterans Affairs (VA) weight management mobile application (app) that combines self-management tools and information from VA's MOVE! Weight Management Program. The app was designed with Veterans in mind and addresses Veterans' most common weight-loss challenges, but the educational resources and tracking features available on the app can benefit anyone. Veterans can use the app independently, or if they are receiving health care from VA, they can partner with their clinicians during MOVE! program participation.

With the convenient and easy-to-use MOVE! Coach App, Veterans can track their progress with weight and exercise goals, as well as receive tailored feedback while learning to control relapse triggers and develop coping plans. Veterans using the app will find:

- Self-management guides
- Weight, diet and physical activity diaries
- My Goals and Progress tools, reports and summaries
- Resources for overcoming barriers and achieving weight-loss goals

Bringing this care to the patient in a mobile format lets Veterans easily input and retrieve data daily; get involved in setting personal goals; access instant, problem-solving feedback to help manage weight-loss barriers; and change from hospital-centered to home-centered care.

This app is available for iPhones, iPads (iOS version 6.0 or higher), and Android devices. This user manual provides an in-depth, step-by-step guide for using the MOVE! Coach App on Android devices.

The Basics

Before starting

For beginners it is important to start exercise at low-to-moderate intensity for beginners and gradually build from there. If you have concerns about starting an exercise program, consult your health care team. Before using the MOVE! Coach App, read the introductory materials the app provides. If this is the first time you are using the MOVE! Coach App, you will be presented with a Before Starting screen > Read the information > Tap on the names of the handouts to read more about the topics > Tap **Done** to proceed into the MOVE! Coach App.

Setting up the app

When you first access the app you will see an End User License Agreement (“EULA”) > Read the EULA (screens) > Tap **Accept** > You will go to a Required Initial Information screen that asks for your:

- Height - Tap the down arrows next to feet and inches > Drop-down menus will appear > Scroll through and tap on your height in feet and inches.
- Weight - Tap **Weight** > Type in your weight in pounds > Tap **Done**.
- Gender - Tap the circle next to either **Male** or **Female**.
- Age - The default age is 35. To change your age, tap the down arrow next to years > A drop - down menu will appear > Scroll through the numbers, and tap your age.

NOTE: Your information is stored on your device and is not shared or used anywhere else.

Tap **Next** in the lower right corner of the Required Initial Information screen to save your settings > You will go to a screen with background information on physical activity and exercising > Tap **How Do I Get Started With Increasing My Physical Activity?** and **When To Stop Exercising?** > Review the information, and tap **Next** on the Required Information screen to continue > You will go to a screen with information on weight control and food choices > Tap **The Basics of Weight Control** and **Making Healthy Food Choices With a Healthy Plate** > Review the information, and tap **Done** on the Required Information screen.

Recognizing app icons

Throughout the app, there are various icons that allow you to navigate the app. Many are familiar icons (e.g., question marks (?) indicating help is available; plus signs (+) indicating information can be added), but some are unique to the MOVE! Coach App for Android including these below:



Share icon (three staggered white dots attached to a less than symbol)



Options menu (three-vertical stacked dots)



Graph icon

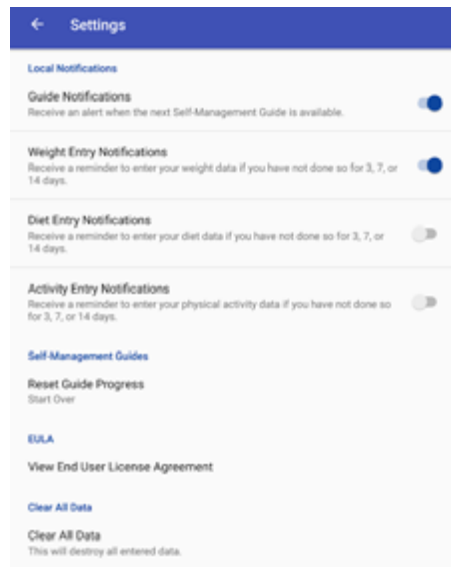


Three-line Hamburger icon

The app also has a built-in help section with more information on the buttons found throughout the app. To access, tap the ? with a circle around it in the top right corner > Tap **Buttons**, and a screen with icon pictures and descriptions will appear.

Managing your settings

Next to the MOVE! Coach heading, tap options menu (three-vertical stacked dots in the upper right corner) > A pop-up menu will appear > Tap **Settings** > You have the option to change:



Local Notifications

Tap the circle next to any or all of the following to turn on or off notifications:

- Guide Notifications - Receive an alert when the next Self-Management Guide is available.
- Weight Entry Notifications - Receive a reminder to enter your weight data if you have not done so for 3, 7, or 14 days.
- Diet Entry Notifications - Receive a reminder to enter your diet data if you have not done so for 3, 7, or 14 days.
- Activity Entry Notifications - Receive a reminder to enter your physical activity data if you have not done so for 3, 7, or 14 days.

Self-Management Guides

If you have completed the full 19 weeks of guides in the MOVE! Coach App and would like to work through the Self-Management Guides again, you can reset the guides and start over by tapping **Reset Guide Progress** > A warning box will appear confirming if you wish to reset the Self-Management Guides > Tap **Execute** to reset > It may take up to several minutes to reset the guides > If you do not wish to reset the guides, tap **Cancel**.

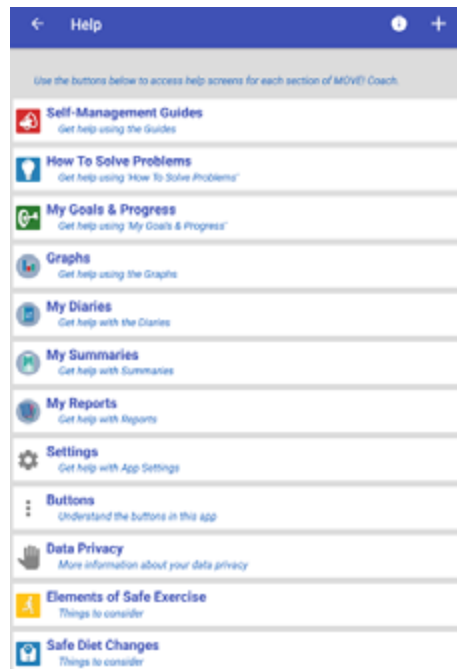
EULA - To review the EULA, tap **View End User License Agreement**, and the EULA will open > To return to the Settings screen, tap **Done** in the lower right corner of the EULA.

Clear All Data - Tap **Clear All Data** to erase all the information you've entered into the app > A pop-up warning box will appear confirming you wish to proceed with erasing all data > Tap **Execute** to erase all data > If you do not wish to erase all data, tap **Cancel**.

Tap the back arrow  in the upper left corner to return to the MOVE! Coach home screen.

Viewing the help screens in the app

The MOVE! Coach App has guides for its features built into the app. Tap the  with a circle around it in the top right corner > Tap the name of the feature you need help with from the list that appears. You can view an overview of the app by tapping the information button (circle with an i inside of it) in the top right corner of the Help heading. You can return to the Help screen from any Help section by tapping the back arrow  in the upper left corner. **NOTE:** The  icon also appears throughout the MOVE! Coach App in some of the app's features. When you tap on the  icon within a feature, you will see resources and explanations that pertain specifically to the feature you are currently using.



Accessing additional training materials

Tap the **?** icon on the MOVE! Coach home screen > If you would like to leave the app and view additional training materials and information in your web browser, tap **MOVE! Coach Help Page** > You will be taken to the MOVE! Weight Management Program page where you can access MOVE! Handouts & Worksheets, MOVE! 11 Questionnaire, Healthy Living Messages, a video gallery and additional information.

Making diary entries

Tap the **+** icon on the MOVE! Coach home screen to enter information about your weight, diet, activity, steps and water intake. You can access these diaries from the + plus sign found on the upper right of most screens throughout the app. You can also access any of the diaries from any of the diary main pages. To do so, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear allowing you to move from one of the five diary entry areas to another (the following image shows the Activity Entry main page with the fan menu open). To leave this page and be directed back to the main page, tap the back arrow **←** in the upper left corner of your screen. See the Diary Entries section of this user manual for detailed instructions on making individual diary entries.



Sharing results on social media

Share your progress on Twitter and Facebook! You must have data entered to be able to share on social media. You can share from several places throughout the app. The two main locations are: 1) in each of the five diary entry screens, and 2) on the MOVE! Coach home screen. On the diary entry screens (physical activity entry screen shown above), tap the share icon (three staggered dots attached to a left less than symbol) that is on the lower right corner of the screen. On the MOVE! Coach home screen, tap the share icon (three staggered dots attached to a less than symbol) on the top right corner of the MOVE! Coach home screen > A drop-down Sharing My Progress menu will appear > Tap **Facebook**, **Twitter** or **Other** (if you tap Other, a list of available apps on your device will appear, and tap the app you wish to post to) > Write and post your message as you normally would > You can also post a PDF or graph to social media by tapping the options menu (three-vertical stacked dots in the upper right corner) from the PDF or graph you would like to share. Tap **Share**, and tap the social media platform you wish to post to. Write and post your message as you normally would. **NOTE:** You must first link your existing social media profiles to your mobile device in order to use these features.

The MOVE! Coach Home Screen

The MOVE! Coach home screen summarizes the app's contents and features.



Getting to know the MOVE! Coach home screen

Next to the MOVE! Coach header, you will see icons to seek Help (? Icon), add a diary entry (+ icon), share (three staggered dots attached to a less than symbol) and to access an options menu (three-vertical stacked dots in the upper right corner). Look under help (?) to read separate instructions for all four features. Below the header, the screen consists of the three main components of the MOVE! Coach App:

- Self-Management Guides - Focus areas for all 19 weeks of the MOVE! Weight Management Program.
- How to Solve Problems - Tips and ideas for coping with challenging situations.
- My Goals & Progress - Resources for self-monitoring, setting goals, graphing change, calculating your health statistics and reviewing progress summaries and reports.

Below the three main components is a graphing feature, which lets you see changes in your weight, diet and physical activity.

Using the basic graphs on the MOVE! Coach home screen

The MOVE! Coach home screen provides you with basic graphs. (For more details and graphing options, see separate instructions by tapping help (?) on the home screen, and then tapping **Graphs**). To use the basic graphs on the MOVE! Coach home screen, tap the options menu (three-vertical stacked dots in the upper right corner) > Tap **Graph** > Adjust the following as desired:

- To change the duration of the graph, tap the circle next to Day, Week, 1 Month, 3 Months, 6 Months, 1 Year, 2 Years or All.
- To enter specific dates, tap the date under From and To, and tap the dates on the pop-up calendars that appear.
- To change the category that is being graphed, tap the circle next to Weight, BMI, Diet or Activity.

Tap **View Graph** to update. **NOTE:** You must have entries on your weight, BMI, diet and physical activity before you can graph data.

Self-Management Guides

The self-management guides provide you with focus areas for each of the 19 weeks of the MOVE! Coach App. MOVE! recommends that participants complete one guide per week for the first three weeks then one guide every other week for eight more weeks.



Accessing and understanding the guides

From the home screen, tap **Self-Management Guides** > If this is your first time accessing this feature, you will see a blinking icon (blue key in a yellow circle) > Tap the icon to proceed > You will be presented with four screens of important introductory information about the app and the use of self-management guides (**NOTE:** In the future, if you would like to re-read the four intro pages, access is under the options menu (three-vertical stacked dots) on the upper right area of the self-management guide main screen) > After tapping **Done** at the end of those four pages, you will be taken to the list of 11 self-management guide topics. Guide 1 “Getting Started” will be open for you to begin (shown by the > symbol). All other guides (2-11) will be locked as indicated by the lock icon after the guide title. All check-marks must be present in order to open the next guide. Once completed this will place a check-mark after the guide title on the main self-management guide list screen. You will always be able to go back to any self-management guide you have completed.

Below the Guides header you will see 11 guides covering 19 weeks:

- Week 1: Getting Started
- Week 2: Tip the Balance
- Week 3: Getting Out
- Weeks 4 and 5: What’s in Your Food?
- Weeks 6 and 7: Fit for Life
- Weeks 8 and 9: Trim the Fat
- Weeks 10 and 11: Play it Safe
- Weeks 12 and 13: Plan for Success
- Weeks 14 and 15: You are the Boss!
- Weeks 16 and 17: Taking Control
- Weeks 18 and 19: Keep it Going

Using the guides

Each guide has the following sections:

- Objectives - Goals for how each guide can help you manage your weight.
- Coursework - Activities to help you accomplish each week’s goals.
- Chapters - Topics covered in each guide.
- Summary – Puts everything you have learned together.
- Get Ready for the Next Guide - A questionnaire to prepare you for the next guide.
- Related Handouts - Links to supplemental materials that support your week’s focus.

Tap the headings of the sections to go through the information > Tap the back arrow  in the upper left corner or **Done** in the lower right corner of the screen to return to the guide you are currently viewing.

In the Self-Management Guide section, the lock icon indicates that a guide is locked. You should complete the previous guide in order to unlock the next guide. Guides 2 thru 3 will unlock a week after completing the previous guide and guides 4 thru 11 will unlock two weeks after completing the previous guide. Once you have completed all sections of a guide, a check-mark will appear after the guide title. A greater than (>) icon indicates an “open” guide. You will always be able to go back to any self-management guide you have completed.

MOVE! recommends completing the guides in order and over the allotted time (e.g., Guide 1 over one week, Guide 4 over two weeks) because this time is needed for you to learn weight-management concepts and build weight management skills in a progressive, timed fashion. However, if you wish to unlock a guide sooner, you can ‘tap and hold’ or ‘long press’ on the guide to unlock it. **NOTE:** Unlocking a guide early will also turn off ‘Guide Notifications.’

Diary Entries

The MOVE! Coach App allows you to enter information about your weight, diet, physical activity, steps and water intake. Creating entries is important because the app pulls from the data you have supplied to graph results and run reports. To use the app most effectively – and achieve the best results with your MOVE! Weight Management Program – make sure you add entries routinely. To create an entry, tap the **+** icon that appears in the upper right corner of most of the screens.

Creating a weight entry

Daily weight measurements are needed to track your progress in the MOVE! Coach App. To enter your weight, tap the **+** icon (in the upper right corner) > You will arrive at an entry category screen (Entry categories include: Weight, Diet, Activity, Steps and Water).

NOTE: The screen defaults to the last entry category you opened > If needed, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear > Tap **Enter Weight** > Tap the blank **Enter Weight** field > Type your weight in pounds from the pop-up numeric keypad that appears > Tap **Done** to save your entry.

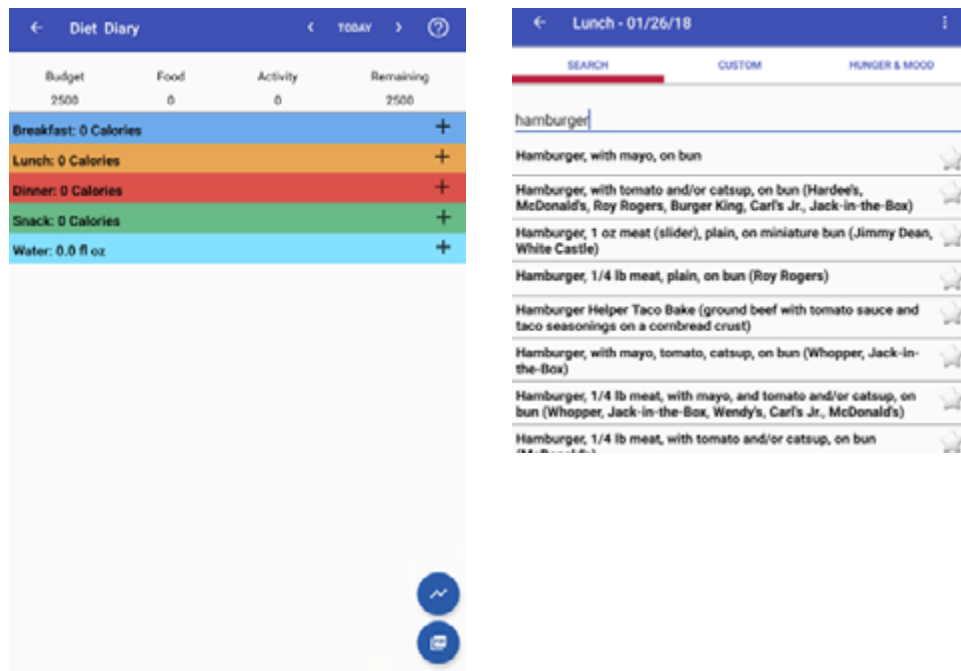
The screenshot shows the 'Weight Diary' screen. At the top, there's a blue header with a back arrow, 'Weight Diary', 'TODAY', and a help icon. Below the header, it says 'Most recent weight: 262.0 lbs on 01/26/2018'. There's an 'Enter Weight' section with a numeric keypad showing '00', an 'X' to clear, and a 'DONE' button. Below this is a list of entries:

Date	Weight	Time
January 26, 2018	262.0 lbs.	10:17 AM
January 11, 2018	271.0 lbs.	8:00 AM
	272.0 lbs.	7:47 AM
	275.0 lbs.	7:33 AM
January 04, 2018	280.0 lbs.	12:17 AM

At the bottom is a numeric keypad with digits 1-9, 0, a decimal point, and a backspace icon.

Creating a diet entry

Each diet entry shows you the type of food you ate, the serving size and the number of calories. As you add entries throughout your day, the calories bar will show how many calories you have eaten and how many you have remaining. To enter what you've eaten, tap the **+** icon (in the upper right corner of the screen) > You will arrive at an entry category screen (Entry categories include: Weight, Diet, Activity, Steps and Water). **NOTE:** The screen defaults to the last entry category you opened > If needed, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear > Tap **Enter Diet** > Tap **Breakfast** (blue), **Lunch** (orange), **Dinner** (red), **Snack** (green) or **Water** (light blue). There are three ways you can enter your diet information:



- Searching for a food – The MOVE! Coach App has a library of common food items and their nutritional value that you can choose from. Begin typing the food in the search bar, and matching search results will appear below > Tap the item that best describes what you ate > You will be taken to a serving size screen > Tap the applicable serving size > Type in the number of servings you ate in the pop-up box that appears > Tap **Done** to save. The entry will appear under the meal you selected.
- Customizing a food – Tap **Custom** > Tap the type of entry you would like to make from the pop-up box that appears: **Create New Food, Create New Combo Meal** or **Create Recipe** > Tap **Enter Name of custom entry** (keyboard will display) > Tap to enter serving size of one portion > Tap to enter calories per serving > If you would like to add additional nutritional information, tap **Show more nutritional information** to see/enter details > Tap **Done** to save your customized food entry.
- Marking a food as favorite - Whether you have searched for a food item that is already loaded in the MOVE! Coach App or have customized your own, you have the option of designating your favorite foods. On each food item screen tap the star icon until it becomes yellow. These items will be saved to a Favorite Foods list. When you create a custom item, these are automatically listed as a favorite food so you will see them listed when you go to enter food items. To enter a favorite food as a diet entry, tap **Breakfast, Lunch, Dinner, Snack** or **Water** > Tap the star icon next to the food item from your Foods list, and finalize the entry as usual > To un-favorite a food item, tap the star icon again until it turns gray.
- Water you drank - To record the amount of water to you drank, tap **Water** > Type in the amount of water you drank (in ounces) in the pop-up Add Water box that appears > Tap **Done** to save.
- Hunger & Mood – Recording your hunger and mood with each meal or snack can help you assess how your body responds to certain items and allow you to see your habits. Choose a meal category and tap **Hunger & Mood** > Enter your current mood and tap the boxes until a check mark appears if what you ate was Mindful, Portion Controlled and/or Healthy > Slide the circle along the bar to show on a scale of 1-10 your hunger level before you ate > Slide the circle along the bar to show on a scale of 1-10 your hunger level after you ate > Tap the back arrow  in the upper left corner to return to your daily Diet Entry screen.

When you have finished adding your Diet Entry, tap the back arrow  in the top left corner of the screen to return to the MOVE! Coach home screen.

To view a bar graph of your meals over time, tap the jagged line in a blue circle icon in the lower right corner of the Diet Entry screen > A graph will appear showing you how many calories you have eaten for the last six days, color coded by meal. Tap on a data entry point to view calorie details of that day. Tap **Next** to advance to the next day, **Previous** to go back a day and tap **Done** when you are finished viewing the calorie details.

Creating a physical activity entry

Simple movements throughout your day – whether you are doing chores or walking up stairs – contribute to your physical activity and calories burned. To enter your movements throughout the day, from the MOVE! Coach home screen, tap the **+** icon (in the upper right corner) > You will arrive at an entry category screen (Entry categories include: Weight, Diet, Activity, Steps and Water). **NOTE:** The screen defaults to the last entry category you opened > If needed, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear > Tap **Enter Activity** > You will see your Weekly Physical Activity, which breaks down your movement into four categories: aerobic, strength, flexibility and steps > You will also see a green Physical Activity tab with a steps icon and + icon where you can enter your physical activity. You can enter your physical activity four ways:

Budget	Food	Activity	Remaining
2500	0	0	2500

Weekly Physical Activity			
Aerobic	Strength	Flexibility	Steps
0 Min	0 Days	0 Min	0

Physical Activity: 0 Calories | 0 Steps

- Searching for an activity – The MOVE! Coach App has a library of common physical activities to choose from, which show the average calories burned per 10 minutes for each activity. Tap the green **Physical Activity** bar > Tap **Enter Search Text** > Begin typing the activity in the search bar, and matching search results will appear below > Tap the description that best describes your physical activity > Tap the down-arrows next to hours and minutes, and tap the amount of time spent on this activity > Tap a check-box next to Aerobic, Strength or Flexibility to categorize your activity > Tap **Done** to save. The entry will appear under the date you completed the activity, and the data will add to your total Weekly Physical Activity tracker.
- Customizing an activity - On the main Activity Entry screen, tap the green **Physical Activity** bar > Tap **Custom** > Tap whether you would like to **Create New Activity** or to **Create Custom Workout**.
 - To Create New Activity - Beneath Physical Activity Description describe the physical activity you have completed > Enter calories burned > Fill out the activity's hours and minutes using the drop-down selections to enter the amount of time spent on this activity > Tap a check-box next to Aerobic, Strength or Flexibility to categorize your activity > Tap **Physical Activity Complete** > A pop-up box will appear asking if you would like to add your activity to the day you created the activity > Tap **Yes** or **No** to close the window.
 - To Create Custom Workout - Name your workout > Tap the **+** icon to search from preexisting custom activities. Begin typing in the activity in the search bar, and matching search results will appear below > Tap the description that best describes your movement > Tap the down-arrows next to hours and minutes, and tap the amount of time spent on this activity > Tap a check-box next to Aerobic, Strength, or Flexibility to categorize your activity > Tap **Done** to save > Tap the workout you would like to record > A pop-up New Workout Created box will appear informing you that you have successfully added the activity to your Physical Activity database and asking if you would like to add an entry to the date you created the customized activity > Tap **No** to close the pop-up window, or tap **Yes** to submit an entry.
- Marking an activity as a favorite - Whether you have searched for a physical activity already loaded in the MOVE! Coach App or have customized your own, you have the option of designating your favorite or most common activities. When you create a custom activity item, these are automatically listed as a favorite so you will see them listed when you go to enter future activities. If it was not a custom entry, you can make anything a favorite on each activity screen by tapping the star icon in the favorite bar until it becomes yellow. These items will be saved to a Favorites list. To add an entry from your favorites activity list, tap on the star icon next to the favorite activity, and finalize the entry as usual > To un-favorite an activity, tap the star icon again until it turns gray.



Recording your steps

From the MOVE! Coach home screen, tap the **+** icon (in the upper right corner) > You will arrive at an entry category screen (Entry categories include: Weight, Diet, Activity, Steps and Water). **NOTE:** The screen defaults to the last entry category you opened > If needed, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear > Tap **Enter Steps** > Enter the number of steps you took during the day in the blank Enter Steps field > Tap **Done** to save.

If the activity you are performing does not allow you to wear a pedometer, it may be helpful to consult the Activity to Steps converter located in the My Goals & Progress tab under the Calculation Tools category. You can also track your steps without a pedometer by tapping the blue circular map icon in the right corner where you entered your steps > A pop-up box will appear asking you to allow Move! Coach to access your device's location > The app will then use your device's GPS to calculate walking distance between destinations.

Creating a water entry

To enter how much water you have consumed, tap the **+** icon (in the upper right corner of the screen) > You will arrive at an entry category screen (Entry categories include: Weight, Diet, Activity, Steps and Water). **NOTE:** The screen defaults to the last entry category you opened > If needed, tap the menu (three-line Hamburger icon in the lower right corner of the screen) > A fan menu will appear > Tap **Enter Water** > Tap the blue bar with your daily total of water or the **+** icon (in the upper right corner of the screen) > A pop-up Add Water box will appear > Type in the amount of water you have consumed in ounces > Tap **Done** to save.

Viewing past entries

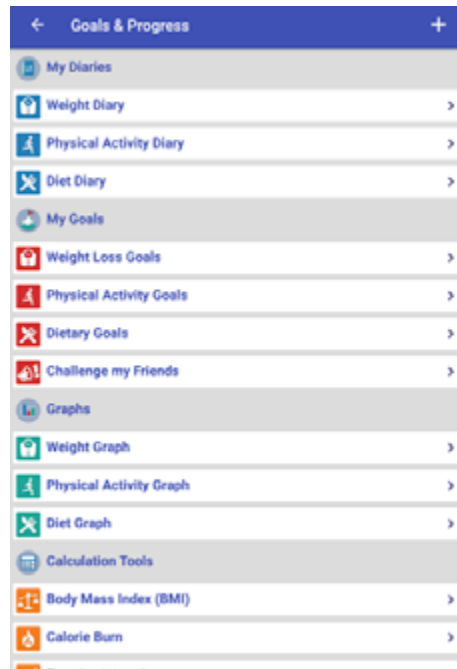
New entries will always default to the current date. However, if you would like to add information to a previously created entry or add a new one on a day that has passed, tap **Today** in the top right corner of the screen > A pop-up Calendar will appear > Tap the date you would like to view or edit > Tap **OK** > A clock will appear, enter the time you wish to enter, and tap **OK** > Enter the diary entry as you would normally.

Deleting entries

As you are viewing either your weekly physical activity or a meal or snack, you have the option of deleting your entries for specific activities or food items. Tap the trash icon to the right of each item to delete > A pop-up window asking you to Confirm Deletion will appear > Tap **Delete** or **Cancel** > If deleted, the entry will disappear.

My Goals & Progress

By setting goals, recording your behavior and tracking your outcomes, you can better stay on the path to success.



Tap **My Goals & Progress** from the MOVE! Coach home screen > Tap the tool you would like to use. Tools are categorized into six types:

- My Diaries
- My Goals
- Graphs
- Calculation Tools
- My Summaries
- My Reports

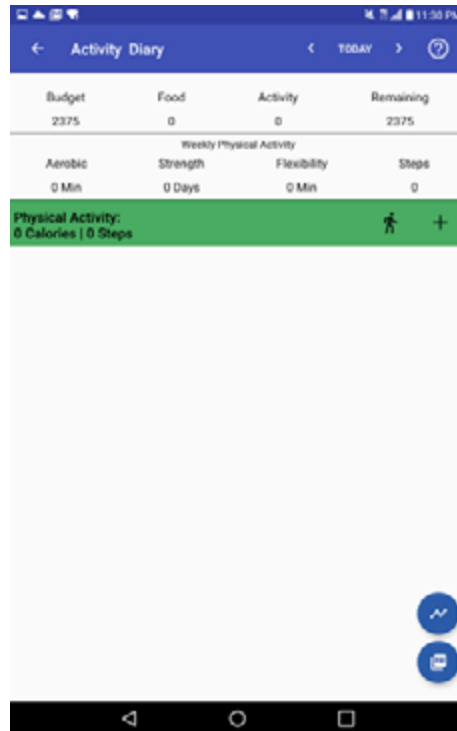
To return to the My Goals & Progress screen, tap the back arrow  in the upper left corner of the screen.

Tracking your diary entries

The MOVE! Coach App offers ways to record your weight, physical activity and diet and then track the data you've entered. From the Goals & Progress screen under the My Diaries section, tap one of the options:

- **Weight Diary** - Entries of your weight, including the date and time you created the entry and your weight in pounds.
- **Physical Activity Diary** - Entries of your daily activity, type of physical activity performed, level of effort, number of calories burned and budgeted for the day and duration of activity.
- **Diet Diary** - An overview of your food intake color coded to type of meal, details about what you ate, number of calories consumed and your calorie budget.

On each diary main page, you have the option to graph all your entered data by tapping the graph icon in the bottom right corner of the screen. Adjust the graphs according to the details and duration you would like to view. (See separate instructions for this feature under the ? on the top right of the graph screen or under the apps main home screen help titled: “Graphs – Get help using graphs”) To return to the Weight Diary from the graph, tap the back arrow ← in the upper left corner of the screen.



Setting goals

Understanding your motivation, making your goals concrete in writing, setting check-in dates for reaching your goals and challenging your friends can help you stay on track and set achievable steps to success. From the Goals & Progress screen under the My Goals section, tap one of the four types of goals: **NOTE:** Help is available under the ? in the upper right on all goal setting screens.

- **Weight Loss Goals** – Set your weight loss goal for the next 6 months by entering the amount of weight you want to lose in lbs., what percentage of your overall weight that amounts to, your target and baseline weights > Tap **Next** to set your Weekly Weight Loss goal, Daily Calorie Goal, Medical Calorie Adjustment and date your goal was reached > Tap **Next** to be taken to a Status and Goals Report screen where you can view a report of your current weight loss plan > Tap **Done** to return to the Goals & Progress screen.
- **Physical Activity Goals** - Review the SMART goals video, type your physical activity SMART goals and set or manage check-in dates.
- **Dietary Goals** - Review the SMART goals video, type in your dietary SMART goals and set or manage check-in dates.
- **Challenge my Friends** – A little competition can help you reach your goals! Tap whether you would like to create a **Weight Loss Challenge**, **Activity Challenge** or **Diet Challenge** with your friends > Tap the challenge you would like to participate in > Tap **Twitter**, **Facebook** or **Other** (if you tap Other, a list of available apps on your device will appear, and tap the app you wish to post to) > Write and post your message as you normally would.

To return to the My Goals & Progress screen, either tap the back arrow ← in the upper left corner, or tap **Done** in the bottom right corner of your screen.

Graphing your behavior

Watch your progress by graphing the entries you have made into the app. Although basic graphs are accessible on the MOVE! Coach home screen, more details and graphing options are provided in the Goals & Progress section. From the Goals & Progress screen under the Graphs section, tap one of the three types of graphs:

- **Weight graphs** – A line graph of how your weight has changed. You can toggle between a weigh graph and a BMI graph by tapping **BMI** (if viewing the weight graph) or **Weight** (if viewing the BMI graph) located in the bottom left corner of the graph screen. When **Weight** is selected, you will see a line graph with data by pounds. When BMI is selected, you will see data by Body Mass Index levels. Your BMI will be shown on the left side of the graph and will be color coded to reflect an obesity level as defined in the key beneath the graph.
- **Physical Activity graphs** - A pie chart of the percent of time you spend on activities that pertain to flexibility, strength or aerobic activity will appear.
- **Diet graphs** - Graphs your food intake with breakfast, lunch, dinner and snacks to show your total calorie count.

You have the option to share the graphs through social media by tapping options menu (three-vertical stacked dots in the upper right corner of the screen). See the “Get Support & Encouragement” section of this user manual for instructions on how to share graphs.

You can change the date range of the data graphed by tapping the options menu (three-vertical stacked dots in the upper right corner) > A pop-up Select Dates box will appear > Tap the circle next to the date range you would like to view: Day, Week, 1 Month, 3 Months, 6 Months, 1 Year, 2 Years or All > You can also tap the date box to the right of these options to view the dates in a calendar > Tap the date you would like to set, and tap **Graph** to close the date selection window and create the graph.

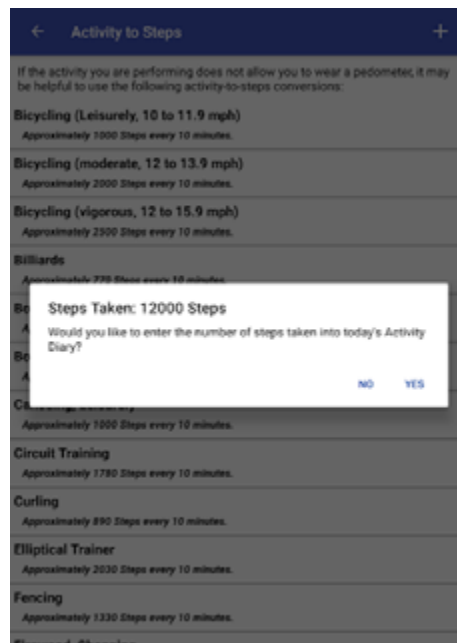


Calculating your data

The MOVE! Coach App makes tracking your data easy. By entering activities, behaviors or numbers, the app will automatically calculate totals for you. From the Goals & Progress screen under the Calculation Tools section, tap one of the four types of tools:

- **Body Mass Index (BMI)** – On the BMI Calculator screen, you can view your starting and current BMI in the color-coded boxes. You can also calculate your target weight or BMI by tapping **Calculate a Target BMI** or **Calculate a Target Weight** and entering the numbers by typing in the pop-up numeric keypad that appears. To learn more about BMI classifications, either tap **BMI Chart** or **BMI Categories** to view the range of BMI categories from Underweight to Extreme Obesity.
- **Calorie Burn** – Find the calories burned for different activities by beginning to type into the Search bar > Tap an activity from the pop-up list of results that appears > Tap the down-arrows next to hours and minutes, and tap the amount of time spent on this activity > Tap a check-box next to Aerobic, Strength or Flexibility to categorize your activity > Tap **Done** to calculate > The total Calorie Burn will appear > Tap **Yes** to add your calorie burn entry into your daily physical activity.
- **Exercise Intensity** – Find out what exercise intensity is right for your body-type > Tap an intensity rating to find out details about each numeric range > Tap **OK** to close the pop-up box with the details. Tap **More About the Borg Scale** to view more information about the Borg Scale's rating system.
- **Activity to Steps** – In the Physical Activity Diary, you have the option to add the number of steps you have taken. However, not every activity can easily be converted to number of steps. Tap the type of activity you completed > Type the down-arrows next to hours and minutes, and tap the total time you performed the activity > Tap **Next** to calculate > The equivalent Steps Taken will appear > Tap **Yes** to add your steps taken into your daily physical activity.

To return to the My Goals & Progress screen, tap the back arrow ← in the upper left corner of the screen.



Viewing summaries about your activities

From the Goals & Progress screen under the My Summaries section, tap one of the three types of summaries:

- **Guide Summaries** – A PDF of the answers and information you provided as you went through the My Diaries Guides. These summaries are time stamped, so you can share your completed guide or go back to see how much progress you have made since you completed them.
- **Energy Balance Summary** – A graph of your energy level based on your calories consumed and how much you exercised. The horizontal line on the graph represents your target calorie goal. Staying under the target calorie count graphs the energy bar in green below the line; going over the target calorie count graphs the energy bar in red above the line. Tapping any of the vertical graph bars will allow you to see the specifics of your calorie intake for that date. You can change the date range of the graph to Day, Week, 1 Month, 3 Months, 6 Months, 1 Year, 2 Years or All by tapping options menu (three-vertical stacked dots in the upper right corner of the screen) and tapping **Graph**. You can also tap the date box to the right of these options to view the dates in a calendar > Tap the date you would like to set, and tap **OK** to close the window.
- **Pedometer Step Summary** – Enter the number of steps you took during the day from the pop-up numeric keyboard > A list will appear below the “Enter Steps” line where you can view your step-count throughout the day > Tap the map icon (located in the right corner of the screen where your steps are entered) and select Day, Week, Month, Year or All to view your steps during this period of time > You can also tap a date box below these options and choose a date range from the pop-up calendar that appears > View the results as a road map, satellite, terrain or hybrid map by tapping the map icon (in the upper right corner of the screen) and tapping the circle next to the type of map you wish to view > To return to your Steps diary from the map, tap the back arrow  in the upper left corner of the screen.

For Guide Summaries and Energy Balance Summaries, you will have the option of sharing a PDF of your data by tapping the options menu (three-vertical stacked dots in the upper right corner of the screen) and tapping **Share**. See separate instructions under “Share Your Results.”

Running reports about your entries

From the Goals & Progress screen under the My Reports section, tap one of the five types of reports:

- Weight Report
- Physical Activity Report
- Diet Report
- Daily Meal Report
- Nutrients Report

Tap the report you would like to view > A pop-up window will appear asking you to set a date range > You can tap Day, Week, 1 Month, 3 Months, 6 Months, 1 Year, 2 Years or All or tap the date box to the right of these options and set your date range from the pop-up calendar that appears > Tap **Generate Report** > A PDF of the details and a chart or graph of your report will be created. Share the PDF if desired. To return to the My Goals & Progress screen, tap the back arrow  in the upper left corner of the screen.

← NutritionReport2018-01-20.pdf 🔍 🏠 ⓘ

 MOVE! Coach

Nutrition Report

Nutrition Data for time period: January 20 - 26, 2018

Nutrient	Target	Average	Status
Total Calories	2500 Calories	1527.3 Calories	OK
Calories from Fat	700.0 to 875.0 Calories	39.5 Calories	Under
Total Fat	55.0 to 97.2 grams	4.4 grams	Under
Saturated Fat	less than 27.0 grams	1.4 grams	OK
Polysaturated Fat	N/A	0.9 grams	N/A
Monounsaturated Fat	N/A	1.6 grams	N/A
Cholesterol	less than 300 milligrams	13.0 milligrams	OK
Sodium	less than 2300 milligrams	237.1 milligrams	OK
Potassium	4700 milligrams	154.7 milligrams	Under
Total Carbohydrate	130 grams	52.0 grams	Under
Dietary Fiber	28 grams	1.6 grams	Under
Sugars	N/A	4.0 grams	N/A
Protein	65 grams	0.0 grams	Under
Vitamin A	700 micrograms	11.0 micrograms	Under
Vitamin C	75 milligrams	2.6 milligrams	Under
Calcium	1300 milligrams	25.8 milligrams	Under
Iron	18 milligrams	0.0 milligrams	Under

How to Solve Problems

Certain days, specific circumstances or phases of MOVE! can be challenging. Avoid setbacks, stay motivated and keep making progress by using resources that can help you overcome obstacles.

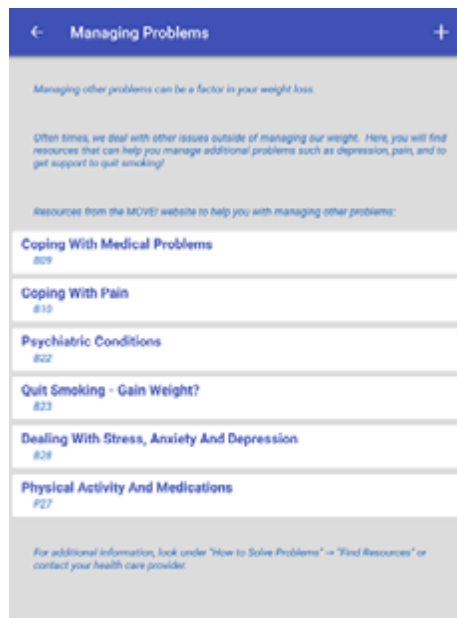


Accessing problem-solving resources

Tap **How To Solve Problems** from the MOVE! Coach home screen > Tap one of the categories available:

- Find Resources
- Get Support & Encouragement
- Getting Started
- Reducing Calories
- Starting Exercise
- Social Situations
- Thinking Differently
- Motivation
- Managing Other Problems
- Be Positive – Be Strong

Most of these categories provide you with an explanation of how the topic impacts your health and a list of helpful handouts and resources. Tap on the name of a category you would like to view > Read the explanation and select the handout or resource from the list that you would like to learn about > A new window will appear with a PDF covering the topic you chose > To return to the category you are viewing, tap the back arrow ← in the upper left corner of the screen. To return to the How to Solve Problems screen, tap the back arrow ← again. Below are details for navigating the Find Resources and Get Support & Encouragement categories.



Finding resources

The Find Resources tab allows you to search for helpful handouts and websites by category. From the How to Solve Problems screen, tap **Find Resources** > You will be taken to a list of all resources > Tap a topic from the drop-down list:

- Standard
- Behavioral Health
- Nutrition
- Physical Activity
- Miscellaneous
- Helpful Websites
- All MOVE! Handouts

You will see either a list of handouts or recommended websites pertaining to the topic you selected > Tap the resource you would like to view > A new window will appear with a PDF covering the topic you chose > To return to the topic you were viewing, tap the back arrow  in the upper left corner of the screen. To return to the Find Resources screen, tap the back arrow  again.

Getting support and encouragement

When dealing with life stress, support from people and resources you know and trust can be vital. From the How to Solve Problems screen, tap **Get Support & Encouragement** > Tap on one of the three options:

- **My Support Contacts** – Create a contact list by tapping the **+** icon (in the bottom right corner of the screen) > Tap **Allow** if you would like to allow MOVE! Coach to access your contacts > Tap **Pick from contact list** or **Create new contact** to add contacts > **NOTE:** You must enable your Privacy Settings to allow the app to pull from your contacts.
- **Resources** – Tap the name of the resource to go to a trusted website or to place a call if you need to talk or are in crisis.
- **Social Support** – Select from where you would like to solicit support by tapping either **Facebook**, **Twitter** or **Other** (if you tap Other, a list of available apps on your device will appear > Tap the app you wish to post to) > Write and post your message as you normally would. You can also post a PDF or graph to social media by tapping the share icon in the upper right corner of the PDF or graph you want to share. **NOTE:** You must first link your existing social media profiles to your mobile device in order to use these features.

To return to the Resources screen, tap the back arrow  in the upper left corner of the screen.

Sharing Your Results

The MOVE! Coach App allows you to share PDFs of your Self-Management Guides, Summaries, Graphs and Reports. By sharing your results, you can check in with your care team and celebrate your progress with your supporters.



Sharing via social media

On the PDF or graph you would like to share, tap the share icon (three staggered dots attached to a less than symbol) in the upper right corner of the screen, and tap **Facebook**, **Twitter** or **Other** (if you tapped Other, a list of available apps on your device will appear, and tap the app you wish to post to) > Write and post your message as you normally would. **NOTE:** You must first link your existing social media profiles to your mobile device in order to use these features.

Help and Additional Information

Additional Training Materials for the MOVE! Coach App

Built into the app there is helpful guidance for MOVE! Coach features. Tap the **?** question mark with a circle around it in the top right corner of the screen > Read over the available help information. More resources such as a Quick Start Guide, FAQs and an introductory Slideshow can be found on **mobile.va.gov/appstore**. Simply enter the app name into the search bar to access these resources.

Help Desk Information

If you need assistance with the MOVE! Coach App, dial 1-877-470-5947 to speak with a VA representative. The Help Desk is open weekdays from 7 a.m. to 7 p.m. CT. For TTY assistance, dial 711.

Emergencies

You should never use this app in an emergency situation. If you encounter an emergency, dial 911 or call your local medical center. To locate your local VA facility, visit VA's Facility Locator: <http://www.va.gov/directory/guide/home.asp?isflash=1>.

Appendices

Appendix #1: Project References

This app was developed by the VA Office of Information and Technology (OI&T) in partnership with the Veterans Health Administration (VHA) National Center for Health Promotion and Disease Prevention (NCP) MOVE! Weight Management Program.

Appendix #2: Glossary

App – An application, or software program, that can be accessed through a website or mobile device and is designed to fulfill a particular purpose.

Body Mass Index (BMI) – Measure of body fat based on height and weight.

National Center for Health Promotion and Disease Prevention (NCP) – A VA program and website providing Veterans, Caregivers and clinicians with resources and tools to stay well and well informed [More at: <http://www.prevention.va.gov/index.asp>].

PDF – A file format that provides an electronic image of text and/or graphics that looks like a printed document and cannot be edited, but can be viewed, printed and electronically transmitted.

Self-Management Guide – MOVE! Coach Self-Management Guides help you lose weight and keep it off by building weight self-management skills. Each guide refers to specific handouts, activities, and/or worksheets. As part of the MOVE! Coach 19-week Weight Self-Management Program, participants complete one guide per week for the first three weeks then one guide every other week for eight more weeks.

VA – Department of Veterans Affairs.

VA Mobile Health – An initiative that aims to improve the health of Veterans by providing technologies that will expand care beyond the traditional office visit and includes the creation of secure mobile apps that will leverage the popularity of wireless technologies to support Veterans, Caregivers and VA clinical teams [More at: mobile.va.gov].