



MOVE!® Coach App Android

Slideshow



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Connected Care

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Slide 1: Getting to Know the App

The MOVE! Coach home screen provides the features and information available in the MOVE! Coach App. The main components are Self-Management Guides, How To Solve Problems, My Goals & Progress and a graphing feature for weight, physical activity and diet entries. You will also see icons to manage your settings, seek help, add an entry and share progress on social media.



Slide 2: Self-Management Guides

The self-management guides provide you with focus areas for each of the 19 weeks of the MOVE! Weight Management Program. Each guide has Objectives, Coursework, Chapters, a Summary, Related Handouts and an introduction to the Next Guide.



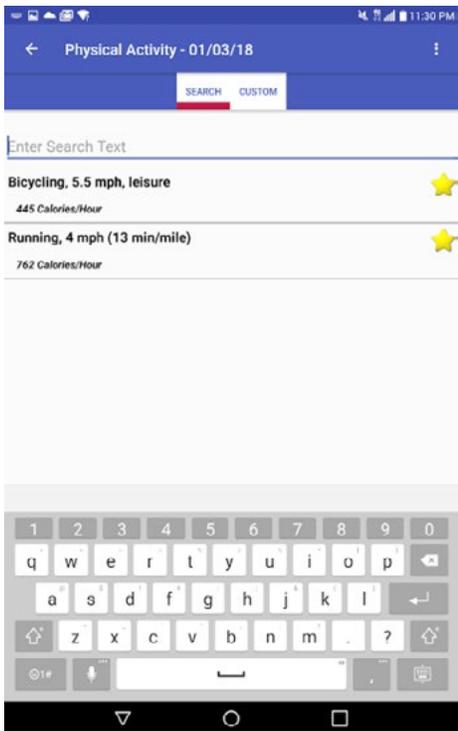
Slide 3: Weight Entries

Daily weight measurements are used to help track your progress in the MOVE! Coach App. Type your weight in pounds from the pop-up numeric keypad that appears.



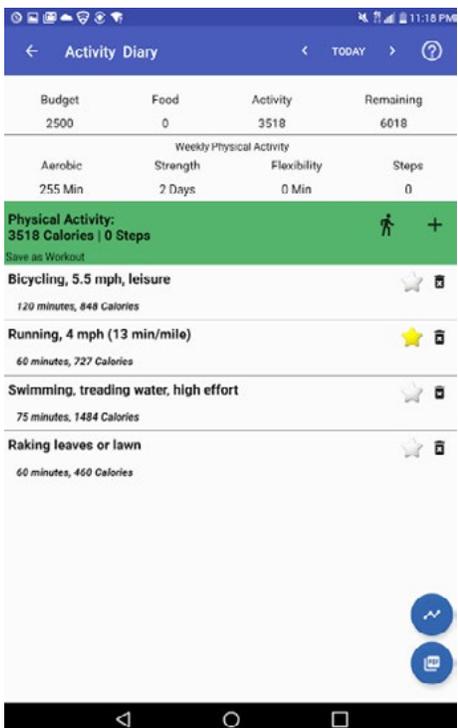
Slide 4: Diet Entries

Record the food you eat, nutritional value and portion size for your breakfast, lunch, dinner and snacks. You can also add the amount of water you drink and record your hunger and mood with each meal. Enter foods by searching from a list provided in the app, customizing your own or selecting from foods you've designated as favorites.



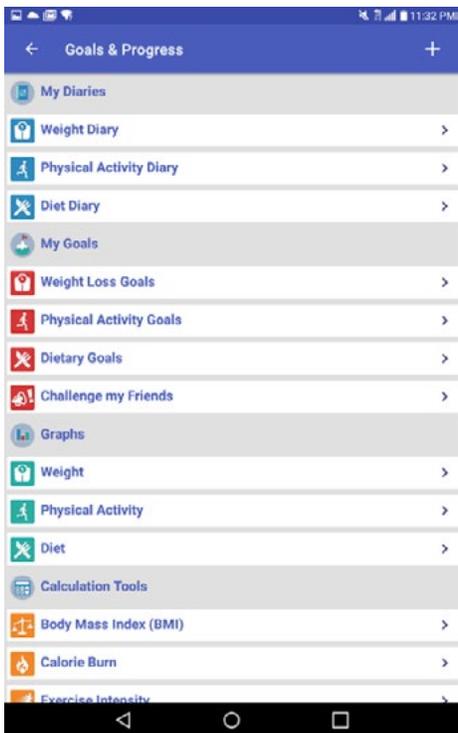
Slide 5: Physical Activity Entries

Record the type of physical activity you did each day, the level of intensity and the duration. Enter activities by searching from a list provided in the app, customizing your own, selecting from activities you do most frequently or entering the number of steps you've taken. Categorize your movement as Aerobic, Strength or Flexibility.



Slide 6: Physical Activity Home Screen

On each Diary main screen (physical activity shown here), you can see your daily calorie "Budget", calories eaten as "Food", calories used in "Activity", and your calories "Remaining" at any point in time. **NOTE:** this information is dependent on your use of daily diary entries.



Slide 7: My Goals & Progress

The My Goals & Progress section provides tools for setting goals and tracking progress. Categories include My Diaries, My Goals, Graphs, Calculation Tools, My Summaries and My Reports.



Slide 8: How to Solve Problems

Stay motivated and keep making progress by using resources and seeking support to help you overcome barriers.



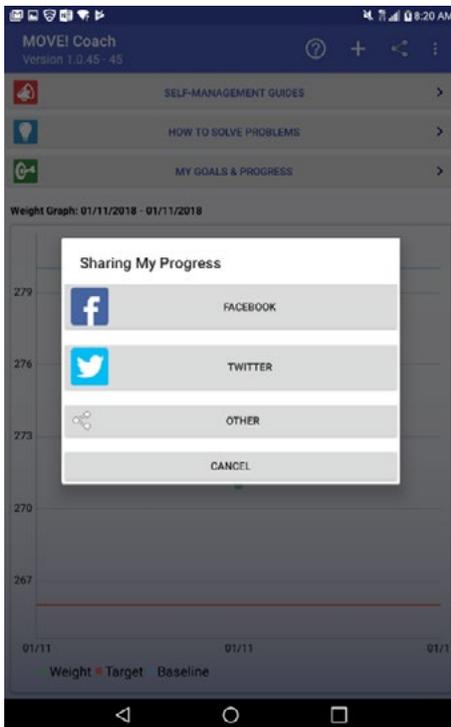
Slide 9: Setting Goals

Putting your goals in writing and setting check-in dates can help you stay on track and set achievable steps to success. Make weight loss goals, physical activity goals and dietary goals. You can also challenge your friends with a little healthy competition!.



Slide 10: Summaries & Reports

See summaries of your completed self-management guides, energy balance, and steps you've taken or, generate a report for your weights, physical activity, diet, daily meals and nutrients.



Slide 11: Share Your Results

By sharing your results, you can check in with your care team and celebrate your progress with your supporters. You can share via social media or with features and applications installed on your device that allow you to send PDFs of your summaries, reports and accomplishments.