



Tracking physical activity through a wrist worn activity tracker makes data collection easy. The Movband 2 is a passive activity tracker created by the DHS group. The band was recommended to Special Olympics International by Special Olympics Connecticut. They have had great success utilizing the bands to track the movement of their participants in the Unified Sports® Fitness Clubs, as well as other health data.

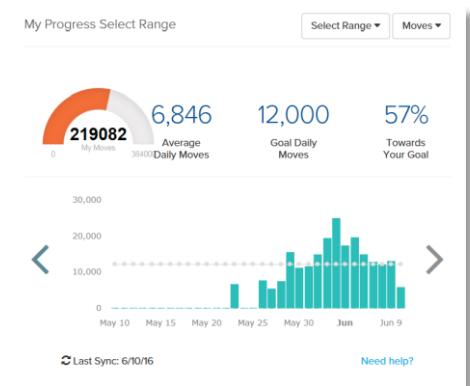
The benefits of the Movband 2 are:



- They track physical activity in moves, steps, and miles.
- Health data can be entered manually (height, weight, blood pressure, resting heart rate).
- Band owners can log in to see their passive and health data over time on their dashboard account.
- They have a relatively long rechargeable battery life of 40 days
- DHS has given SOI administrative rights so that they can see all data—both passive and manually entered.
- SO Programs would also have administrative rights to the data for their specific Program.
- They are more affordable than most activity trackers.

This band is different from other models (fitbit, garmin, jawbone) because it counts all moves, not just movements big enough to be counted as a “step.” The pace and intensity of each movement is also accounted for, so movement with higher pace and intensity will result in more miles. This encourages both beginners and more advanced athletes to increase physical activity in whatever way is best for them.

The Movband 2 is currently being suggested as the preferred method of tracking for Programs using the Unified Sports® Fitness Clubs. Programs will collect more accurate data and spend less time doing so. Band wearers will be motivated by the moves, steps, and miles displayed on their band and dashboard. Ultimately, the activity trackers provide an easier way to collect physical activity data for both the Program and the participant, resulting in more adherence by the participant and a greater understanding of the efficacy of the fitness program.



Incorporating Movbands into Fitness Programs

Invitation Code:

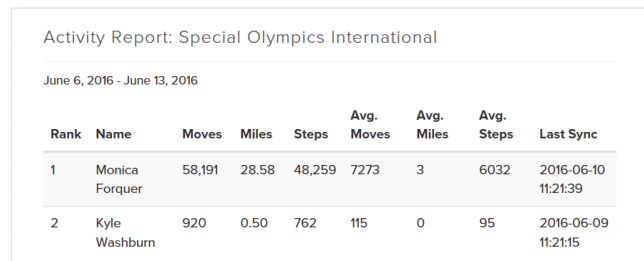
Once a participant is given a band, it is important to make sure they enter the appropriate invitation codes in their account. The invitation codes put the participants in the correct groups so that their data can be collected under their SO Program. Without the code, SOI and the Program cannot access any of the passive or health data of the participant. Each participant will need both the SOI and the SO Program invitation code. The SOI Invitation code is SPOI2016. The Program code can be found in each Program’s administrative center. Please contact Monica at MForquer@specialolympics.org if you need help finding the code or entering it for the participants.



Data Reports:

SOI and SO Programs who are using the Movbands will have access to all data—both passive and manually-entered health data—for each participant entered under their invitation code.

Programs can easily access some data (shown) by clicking on the “reports” link in their administrative center. Health data cannot be seen through the administrative center, however, a Program can request a report from the DHS group with any data they would like. It is recommended that Programs require their leaders (i.e. club coordinators, wellness coaches), assist participants in entering in their health data at least every two months. Programs receiving Fitness Implementation grants can choose to submit either the reports from DHS or the participant data spreadsheets.



Activity Report: Special Olympics International								
June 6, 2016 - June 13, 2016								
Rank	Name	Moves	Miles	Steps	Avg. Moves	Avg. Miles	Avg. Steps	Last Sync
1	Monica Forquer	58,191	28.58	48,259	7273	3	6032	2016-06-10 11:21:39
2	Kyle Washburn	920	0.50	762	115	0	95	2016-06-09 11:21:15

Baseline Data:

It is important to gather baseline data from the participants in order to understand the impact of your fitness program. When possible, Programs should give participants the bands and host a session to help them set up an account at least a week before the fitness program begins.