



How to edit your Activity or Wellness

1. Login into OUG
2. Press Menu Button

← Back Raewyn Britt Home Menu ☰

Gender: Female
Date of Birth: 02-06-1965
Age: 55 years
Login: RB9416
Last Login: 30-03-2021
Messages Capable
Email Capable

This Month's Compliance

Activities		Wellness	
1 of 29	3.45 %	1 of 29	3.45 %

Goals

Profile **Activities** Wellness Calendar Messages

Select arrow for Activities or Wellness

3. Edit Activity

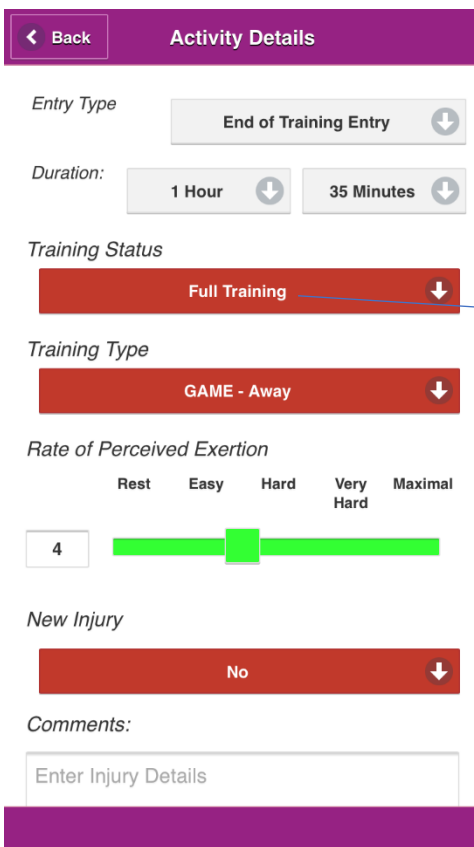




Press PLUS button

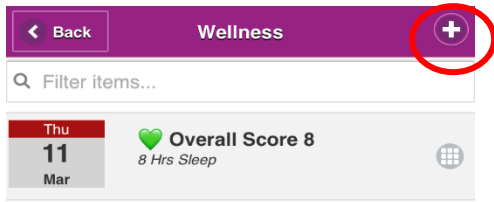
Select arrow to edit your activity

3. Edit Activity



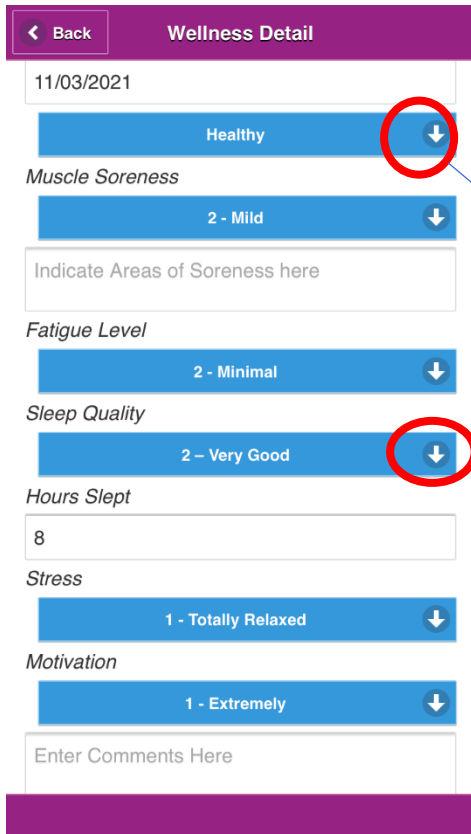
Select what you want to edit e.g. Duration change hours, minutes then press DONE

Edit Wellness



Click on PLUS button

5.



Click on arrows you want to edit then press DONE