













# Activity Tasks

Vantage Fit · Complete reference of all tracked wellness activities

Activity	Description	Type	Target
 Steps	Steps recorded via Google Fit / Apple Health.	Tracked	Daily or Weekly target.
 Walking/Running	GPS-enabled workout captures distance run/jogged.	Tracked	Target in Miles/Kms – Daily or Weekly.
 Cycling	GPS-enabled workout captures distance cycled.	Tracked	Target in Miles/Kms – Daily or Weekly.
 Nutrition	Log meals — breakfast, lunch, snacks, and dinner.	Logged	No. of days per week meals are logged at least once.
 Water Intake	Log daily water intake from the app.	Logged	No. of glasses per day, for a set no. of days/week.
 Protein	Protein amount is captured when meals are logged.	Logged	No. of grams per day, for a set no. of days/week.
 Heart Rate	Record heart rate directly from the app.	Tracked	No. of days per week heart rate is measured at least once.
 Weight Log	Log body weight from the app.	Logged	No. of days per week weight is logged at least once.
 7 Minute Workout	Guided 7-minute workout session with images and voiceover.	Guided	No. of days per week session is performed at least once.
 Mood-O-Meter	Log mood from the app.	Logged	No. of days per week mood is logged at least once.
 Yoga Session	Log Yoga sessions from the app.	Logged	No. of days per week session is logged at least once.
 Squats Workout	Squat-tracking workout with each rep counted by the app.	Tracked	No. of squats — Daily or Weekly target.

# Activity Tasks

Continued

Activity	Description	Type	Target
 <b>Meditation Session</b>	Guided mindfulness session with audio tracks.	Guided	Minutes listened per day/week – Daily or Weekly target.
 <b>Track Sleep</b>	Log sleep duration to monitor rest and recovery.	Logged	No. of days per week sleep is logged at least once.
 <b>Article Reading</b>	Read wellness articles from the library.	Tracked	Daily or Weekly reading target.
 <b>Video Watching</b>	Watch wellness videos from the library.	Tracked	Daily or Weekly viewing target.
 <b>Health Vitals</b> NEW	Log blood pressure, blood glucose and other health metrics.	Logged	No. of days per week vitals are logged at least once.
 <b>Log Cigarettes Smoked</b> NEW	Track number of cigarettes smoked per day.	Logged	No. of days per week cigarettes smoked are logged.
 <b>Cycling/Wheelchair</b> NEW	GPS workout captures distance cycled or covered via wheelchair.	Tracked	Target in Miles/Kms – Daily or Weekly.
 <b>Book Reading</b> NEW	Log book reading sessions from the app.	Logged	No. of days per week reading is logged at least once.
 <b>Log Any Activity</b> NEW	Log any manual activity to complete this task.	Logged	No. of days per week any task is logged at least once.
 <b>Log Strength Training</b> NEW	Log strength/weight training with sets, reps, and weights.	Logged	No. of days per week training is logged at least once.
 <b>Active Minutes</b> NEW	Track total active minutes spent in physical activity per day.	Tracked	No. of active minutes – Daily or Weekly target.
 <b>Adherence Activity</b> NEW	Track adherence to assigned wellness activities and challenges.	Tracked	No. of days per week adherence activity is completed.

Rows marked NEW represent 8 newly added activity tasks.