

# Logging In to Your Account

Sign in using your email address and password in the upper right of the page, in the white toolbar.



The image shows a close-up of the login toolbar. It features a white background with a blue border. On the left, there is a blue square. To its right are two input fields: one labeled 'email or username' and another for a password. To the right of the password field is a 'login' button. Below these fields are two links: 'remember me' with a checkbox and 'forgot password?'. At the bottom of the toolbar is a search bar with the word 'search' and a magnifying glass icon. Below the toolbar is a blue navigation bar with links for 'about us', 'en español', 'programs', and 'store'.

If you forgot your password or entered it incorrectly, you will be taken to another page to request your password or try again. The system will only send a password to the email address you used when registering. AOM does not have access to view your password.



The image is a screenshot of the America On the Move website's login page. The page has a blue background with a white navigation bar at the top. The navigation bar includes the America On the Move logo, a 'welcome to the ADM community' message, and a search bar. Below the navigation bar, there are several links: 'eat healthy', 'feel better', 'get active', 'manage weight', and 'move to green'. On the right side, there is a 'sign up' button with the text 'join the movement' and 'for a free account'. The main content area contains a login form with fields for 'Username:' and 'Password:', a 'remember me' checkbox, and a 'login' button. Below the login form is a 'forgot your password?' link. Underneath that, there is a message: 'Please enter your email address below. We will send your password to this address.' followed by an 'Email Address:' field and a 'submit' button. The footer of the page includes the text 'America On the Move Foundation © 2009' and links for 'help', 'privacy policy', and 'terms of use'.

Note: remember me functionality can create security and privacy breaches. Thus our remember me feature may not work the same way as it does on other websites.

# User Profile

Every registered participant has a user profile. Information from the registration process is displayed here (such as your name, city, state, when joined, etc.). Your height and weight are never shared with other users.

When logging in, users will first see their user profile page and will be able to quickly navigate to whichever part of the online community they choose.

Any logged in user can see their user profile page, and no user profiles are visible to those who are not logged in. You can set certain portions of your profile as private. More details on that later in this tutorial.

The screenshot shows a user profile page for Sally Jones. At the top, there is a navigation bar with "America On the Move" logo, "inbox (0)", "friend requests (0)", "group invites (0)", and a search bar. Below the navigation bar, there are tabs for "home", "journal", "progress", "trail", and "settings". The main content area displays a list of journal entries, including "I added 5000 steps on 8/27/2009 at 9:38 PM", "I posted an image on 8/27/2009 at 11:41 AM", "I enjoyed 1 Toaster Strudel of DANISH PASTRY,FRUIT,ENR on 8/27/2009 at 11:29 AM", "I enjoyed 1 container of Babyfood, vegetables, squash, strained on 8/27/2009 at 11:27 AM", "I added 5000 steps on 8/26/2009 at 9:38 PM", "I enjoyed 1 container of Babyfood, vegetables, squash, strained on 8/26/2009 at 5:36 PM", "I added 20 minutes of walking on 8/25/2009 at 11:36 AM", "I added 20 minutes of walking on 8/25/2009 at 11:35 AM", "I posted news on 8/21/2009 at 11:51 AM", and "I started walking the Colorado's Flat 14ers - Part 2". On the right side, there is a profile summary for Sally Jones, including her name, member since (March 2008), location (Westminster, CO), and physical attributes (5'5", 135 pounds). Below the profile summary, there are sections for "friends", "groups", "media", and "tools". A "goal" section shows a health club/recreation center membership goal. An "accomplishments" section lists 5,072,174 total steps, 2,536 miles walked, and 233,000 total calories burned. A "footprint" section shows a map of the United States and states that the user's carbon footprint has been reduced by 0 pounds. At the bottom, there is a "newsletter" section with the text "Basic Steps to Sound Nutrition".