

## Move more and feel better every single day!



### Sign in to your account

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Password:

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SIGN IN

### How does it work?

- **Wear a small activity tracker** to record your steps everyday.
- **Earn rewards** by meeting three daily FIT goals.
- **Watch your progress online** and compare your ranking with others.

[Learn more.](#)

SIGN UP



Frequency, Intensity, Tenacity

## How does my Trio® activity tracker work with Trio Motion?



### 1 Wear your Trio.

Simply put on your Trio in the morning. It will record your activity and calories burned.



### 2 Sync your Trio.

Sync your Trio to your account, and it will regularly send your information to a secure place online.



### 3 Check your FIT progress.

Visit your online dashboard or the Trio Sync app to check your progress and track your earnings.