



10,000 Steps Working Paper Series

Paper 3: Survey of current 10,000 Steps Step Log users

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10,000 Steps Working Paper Series, Paper 3: Survey of current 10,000 Steps Step Log users

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EXECUTIVE SUMMARY

This report details the findings of a survey of 10,000 Steps online Step Log users. This study highlighted the efficiency and availability of the resources on the 10,000 Steps website for individuals and identified the characteristics of current Step Log users.

Current Step Log users commented on the usability of the 10,000 Steps website and online Step Log:

- Over 92% of respondents agreed or strongly agreed that they liked the overall presentation of the 10,000 Steps website.
- Over 87% of respondents agreed or strongly agreed that they were able to easily navigate the 10,000 Steps website to get the information they were looking for.
- Over 91% of respondents agreed or strongly agreed that the information on the 10,000 Steps website is credible.
- Almost 90% of respondents agreed or strongly agreed that the information provided on the 10,000 Steps website is useful.
- Over 87% of respondents agreed or strongly agreed that they liked the overall presentation of the Step Log.
- Exactly 84% of respondents agreed or strongly agreed that they easily found their way around the Step Log.

Current Step Log users also commented on the usefulness of the features in the online Step Log:

- Over 97% of respondents found the daily steps entry useful or very useful.
- Over 93% of respondents found the daily and monthly steps summary useful or very useful.
- Around 54% of respondents found the team challenges useful or very useful. Approximately 18% of respondents did not use the team challenges feature.
- Over 62% of respondents found the individual challenges useful or very useful. Approximately 14% of respondents did not use the individual challenges feature.
- Over 47% of respondents found the health assessment useful or very useful. Approximately 25% of respondents did not use the health assessment feature.
- Almost 62% of respondents found the daily steps reminder useful or very useful. Approximately 17% of respondents did not use the daily steps reminder feature.
- Almost 42% of respondents found the e-newsletter useful or very useful. Approximately 27% of respondents did not use the e-newsletter feature.

Finally, the respondents provided data so that the characteristics of current online Step Log users could be determined.

- More women (64.1%) are users of the online Step Log than men (35.9%).
- The average age of the current Step Log users is 44.4 ± 11.0 years.
 - Male Step Log users are significantly older (46.8 ± 10.3 years) than female users (43.0 ± 11.2 years).
- Participants reported how long they had utilised a pedometer for:
 - Almost 49% of respondents have used a pedometer for 3 months or less,
 - Over 33% of respondents have used a pedometer for between 4 and 12 months, and
 - Over 16% of respondents have used a pedometer for longer than 12 months.
- Over 80% of respondents were determined to sufficiently active for health benefits.
- However, almost 61% of respondents were classified as overweight or obese based on their body mass index.

BACKGROUND

10,000 Steps Rockhampton was Australia's first 'whole of community' health promotion physical activity project. Funded by Queensland Health, the Rockhampton region was chosen for a two year trial of the project in 2001. During this period, the 10,000 Steps Rockhampton Project was an exemplary model of an effective multi-strategy, multi-sector physical activity project. The project has been successful in motivating local communities, workplaces and individuals to increase their physical activity levels. As a result of the success in Rockhampton, Queensland Health provided funding for 10,000 Steps to be developed as a sustainable state-wide and beyond initiative.

10,000 Steps is committed to ongoing research, development, distribution and support of new and existing 10,000 Steps support materials at the local, state and national level, all with web-based support. The aim of this program is to increase participation in physical activity through the state and nation.

To aid individuals increase their physical activity levels, 10,000 Steps developed an interactive website which individuals can visit to access physical activity information. One of the most prominent features on the website for individuals is the online Step Log where users can record and monitor their daily physical activity levels. The online Step Log also allows individuals to access other resources and functions that aid motivation and encourage participation in physical activity. These include daily reminder emails, monthly e-newsletters, team challenges, monthly individual challenges plus many other features. To date, 10,000 Steps has not undertaken evaluation of the effectiveness of the website and resources from the current individual user's perspective. Therefore, to evaluate the efficiency of the 10,000 Steps website and resources for individuals, 10,000 Steps has surveyed a sample of current Step Log users. This evaluation activity will assist 10,000 Steps in determining the usefulness and availability of the 10,000 Steps resources for individuals and also aid in the further development and refining of the 10,000 Steps website and the distribution of 10,000 Steps materials. This current report from 10,000 Steps will highlight the methods and the findings from the recent survey of 10,000 Steps Step Log users.

Purpose

The purpose of this study was to conduct a survey of the current online Step Log users to examine the efficiency and availability of resources on the 10,000 Step website for individuals. This study investigated the user's views of the 10,000 Steps website, online Step Log and relating features. It also examined the characteristics of the current Step Log users, including demographics, pedometer use, physical activity levels, and the likelihood and importance of achieving certain health outcomes.

METHOD

Participants

A total of 663 current Step Log users were randomly selected from over 24,000 members registered with the 10,000 Steps online Step Log. Step Log members were considered current users if they had logged steps at least once during the month of May, 2006. This was the month prior to the survey being conducted. This sample excluded Step Log users affiliated with one large corporate organisation as these members did not have regular access to the internet to view or participate in the survey.

Instruments

A web-based survey was utilised to determine the efficiency and availability of the 10,000 Steps resources on the 10,000 Steps website for individuals and investigate the characteristics of the current online Step Log users. The web-based survey was

developed using SSiWeb Software (Sawtooth Software) housed within the Population Research Laboratory at Central Queensland University. This type of survey was considered an appropriate method to conduct the survey of Step Log users as 10,000 Steps has a database of all users e-mail addresses and the users require access to the internet to use the 10,000 Steps website and online Step Log. This was also found to be a quick and cost effective method to collect the required data.

The survey consisted of three components: 1) questions relating to the use of the 10,000 Steps website and online Step Log; 2) questions relating to pedometer use, physical activity levels and environmental determinants of physical activity, and; finally, 3) demographic questions. The web-based survey consisted of 40 questions in total. The 10,000 Steps survey of current Step Log users received ethical approval from the Human Research Ethics Committee at Central Queensland University.

Procedures

The survey was conducted between June 26 and July 14, 2006. All participants were e-mailed an introduction letter that contained a brief overview of the survey, an invitation to participate and most importantly, the unique link and URL address for the password protected web survey. As detailed in the information e-mail, clicking on the survey link was considered as informed consent to participate in the survey. Participants that completed the survey prior to the close date (July 14, 2006) went into the draw to win a minor incentive (Cardiosport Heart Rate Monitor donated by Health Management Group). Three reminder e-mails were sent out to all participants at four, nine and 16 days after the initial survey request. Complete survey data was downloaded into SPSS Version 13.0 for data analysis.

Response Rate

Out of the 663 e-mails sent to potential participants, 15 were undeliverable. Of the remaining 648 potential participants, 348 responded with complete or partial surveys that were able to be analysed. Therefore, the response rate was calculated as follows: $100 \times (348/648) = 53.70\%$. Using the more conservative base of 663 potential respondents the response rate is found to be: $100 \times (348/663) = 52.49\%$.

The response rate calculated in this study was found to be comparable to those achieved by similar survey mediums, i.e. e-mail and web-based surveys. In a web-based survey of health professionals, Braithwaite and colleagues (2003) reported a response rate of under 30% raising to 52% following five reminders. In an earlier web-based survey, Dibb, Rushmer & Stern (2001) reported a response rate of 22%. However, no follow up e-mails were sent and responses were cut off after one week. In further analysis of response rates for surveys conducted via these mediums, response rates have varied between 19% to 61% in e-mail surveys (Sheehan, 2001) and 9% to 94% in web-based surveys (Braithwaite, Emery, de Lusignan, & Sutton, 2003), with the average response rate found for e-mail surveys being 36.83% (Sheehan, 2001). It would appear that this survey of Step Log users has achieved a very acceptable and above average response rate in comparison to previous e-mail or web-based surveys.

The following methods and reasons may have contributed to the above average response rate achieved for this web-based survey:

- The survey request was personalised for each user.
- Follow up e-mails were sent after the initial survey request.
- Only necessary questions were made compulsory during the web-based survey.
- Minor incentives were used. Participants who completed the survey were able to request a plain English copy of the results and went into the draw to win a Cardiosport Heart Rate Monitor.
- Research affiliation. Participants were contacted via an e-mail sent from 10000steps@cqu.edu.au. In this way, the survey could be associated with a credible research institution, Central Queensland University.

RESULTS

The results of the survey are reported in relation to each question. Each question is listed and the results are displayed in the most appropriate format (table, figure or list). Further explanation of the questions and results is given where necessary.

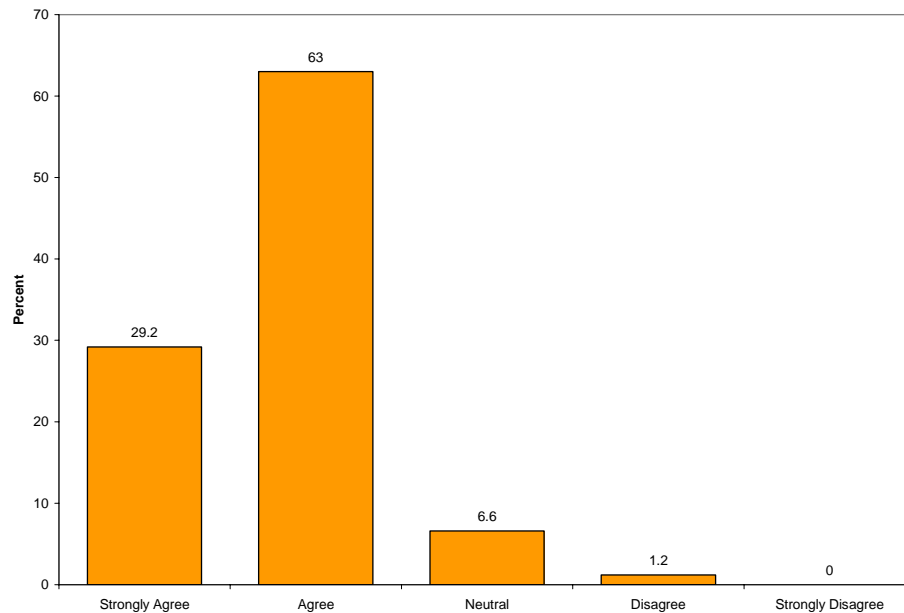
Q1. Where did you first hear about 10,000 Steps?

Where	N	Percent
Workplace	202	58.0
Friend or family member	51	14.7
Website	30	8.6
Newspaper	15	4.3
Television	9	2.6
Health Professional	8	2.3
Purchased/Received Pedometer	8	2.3
Other	6	1.7
Library	5	1.4
Weight Loss group	4	1.1
Radio	3	0.9
Internet Search	3	0.9
Magazine/Book	3	0.9
Fitness Centre	1	0.3
Total	348	100.0

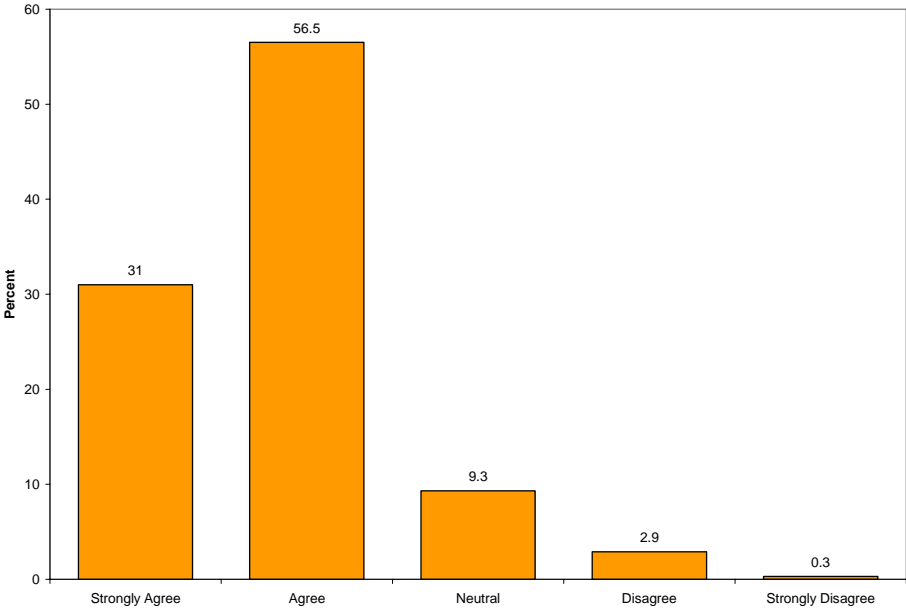
Q2. Usability of the 10,000 Steps website

Users were asked to rate the usability of the 10,000 Steps website. Data is presented in a series of bar charts. Participants were asked to indicate the extent to which they agree with each usability statement on a 5 point likert scale ranging from strongly agree to strongly disagree. The statement is written above each figure.

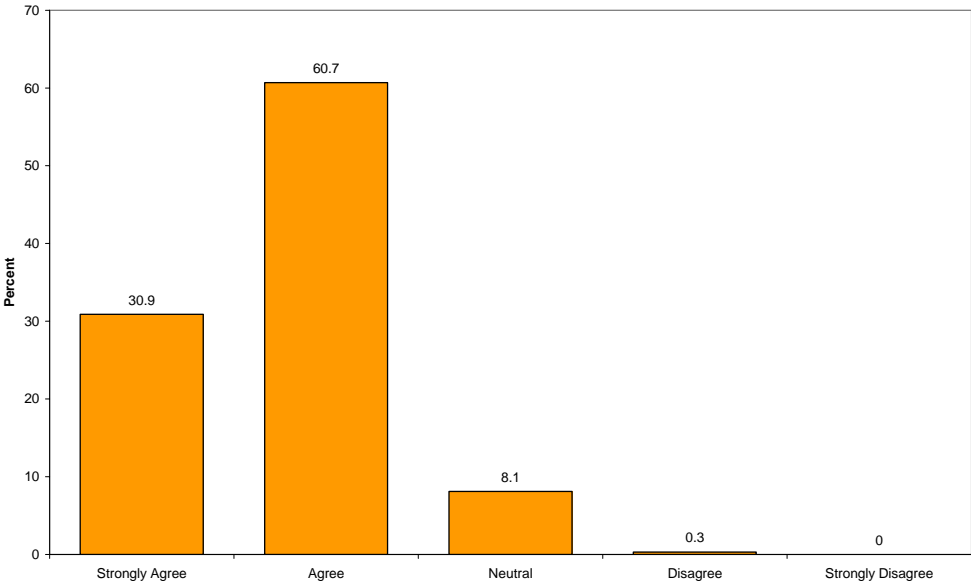
I like the overall presentation of the website



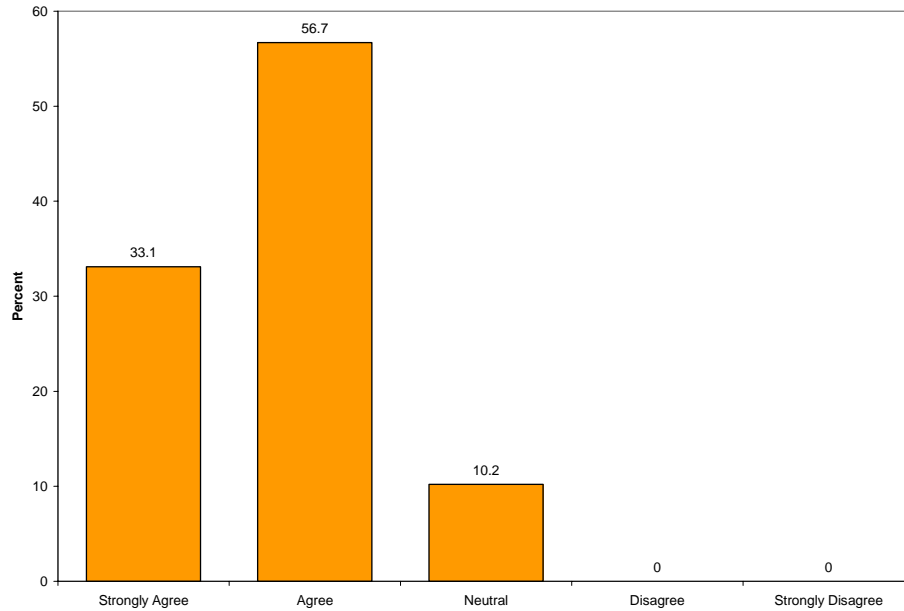
I am able to easily navigate the website to get the information I am looking for



I think the information on the website is credible



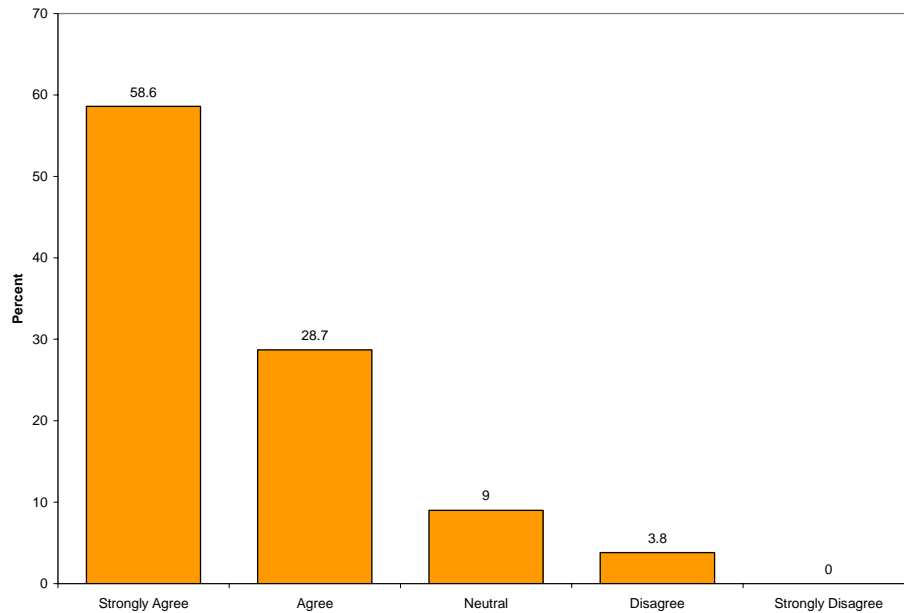
I think that the information provided on the website is useful



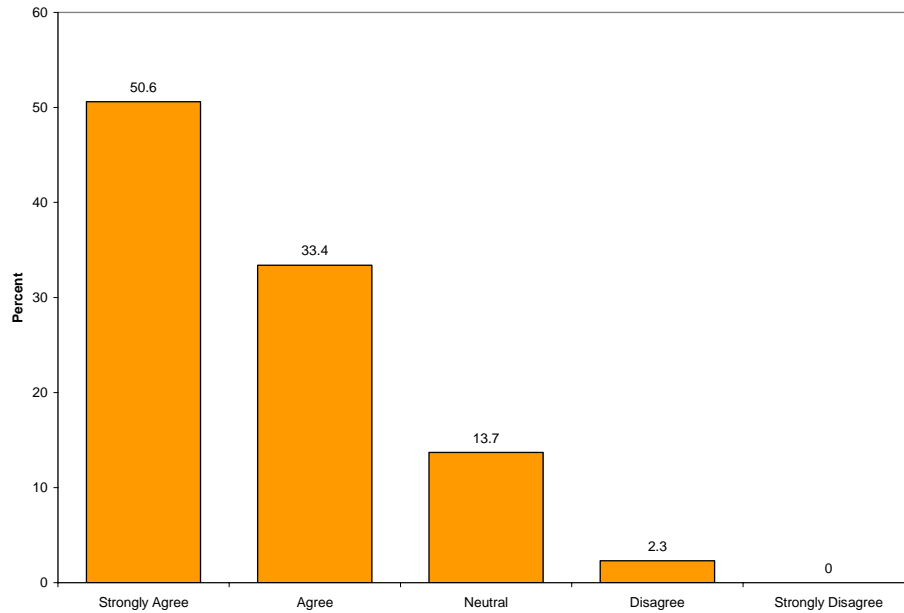
Q3. Usability of the 10,000 Steps Step Log

Users were also asked to rate the usability of the 10,000 Steps Step Log. Data is presented in a series of bar charts. Participants were asked to indicate the extent to which they agree with each usability statement on a 5 point likert scale ranging from strongly agree to strongly disagree. The statement is written above each figure.

I like the overall presentation of the Step Log



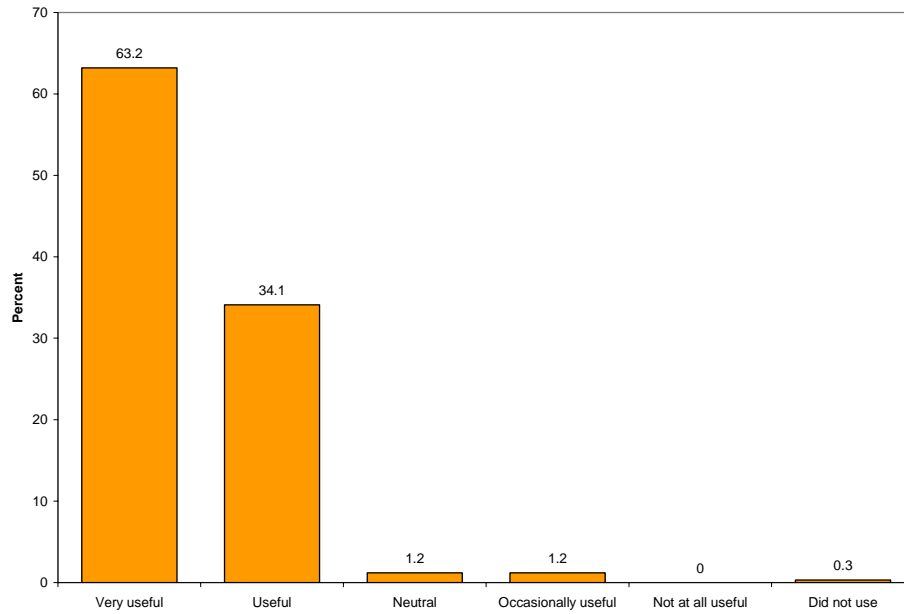
I was able to easily find my way around the Step Log



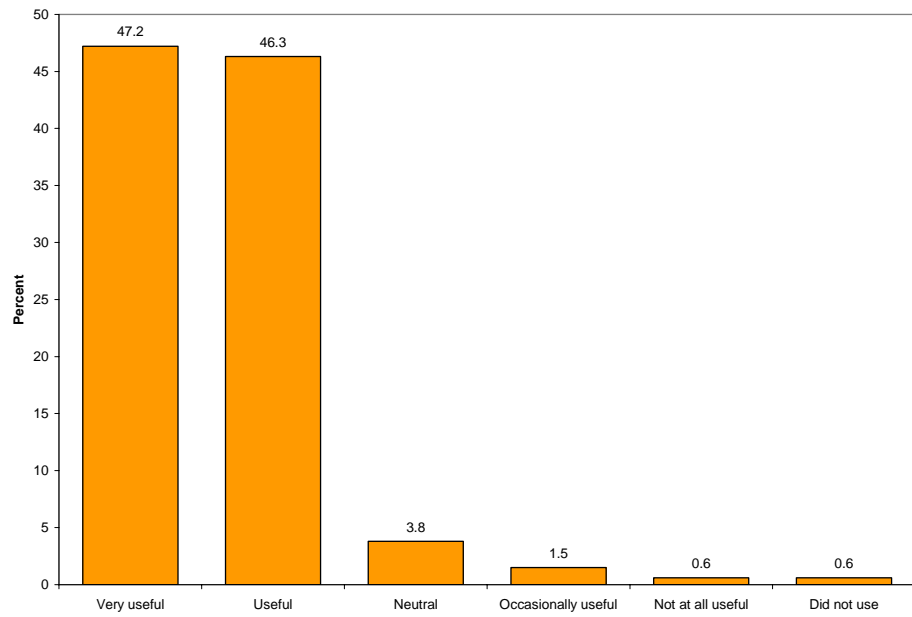
Q4. Usefulness of the 10,000 Steps Step Log features

Users were asked to indicate the usefulness of the features available in the 10,000 Steps Step Log for individuals. Data is presented in a series of bar charts for each Step Log feature. Participants rated usefulness on a 5 point likert scale ranging from not at all useful to very useful. A did not use response option was also available if the user had not used the specific feature. The relating Step Log feature is highlighted above each figure.

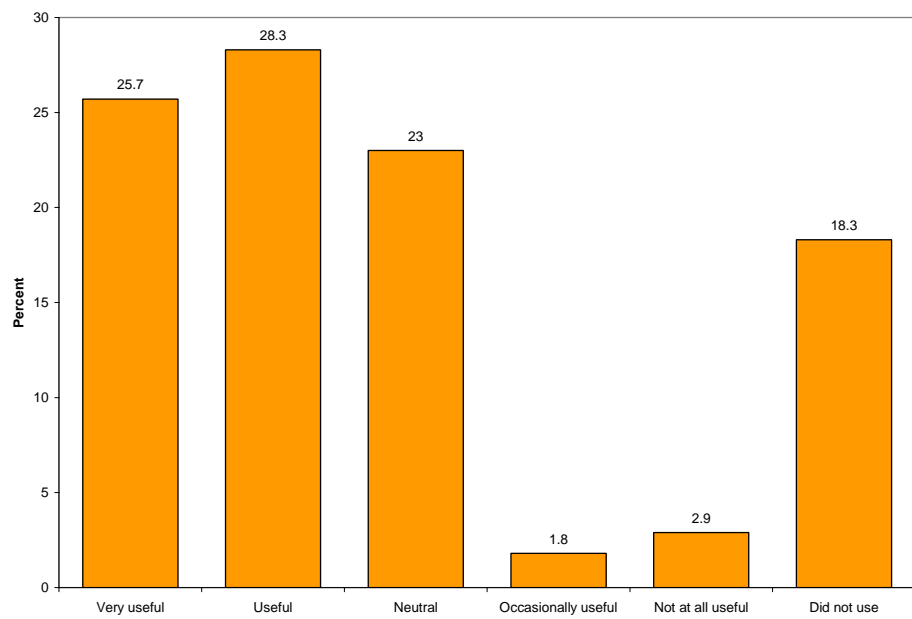
Daily steps entry



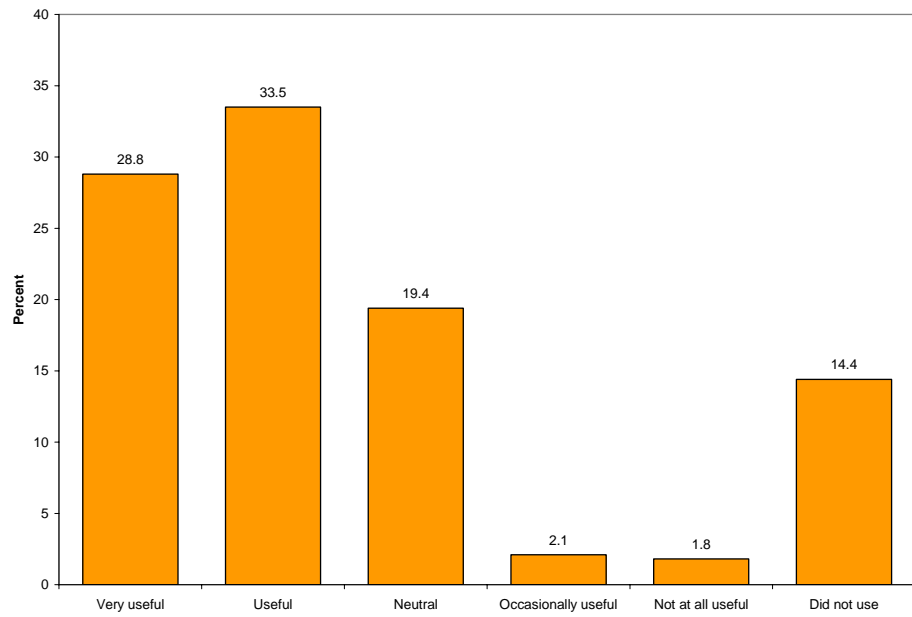
Daily and monthly step summary



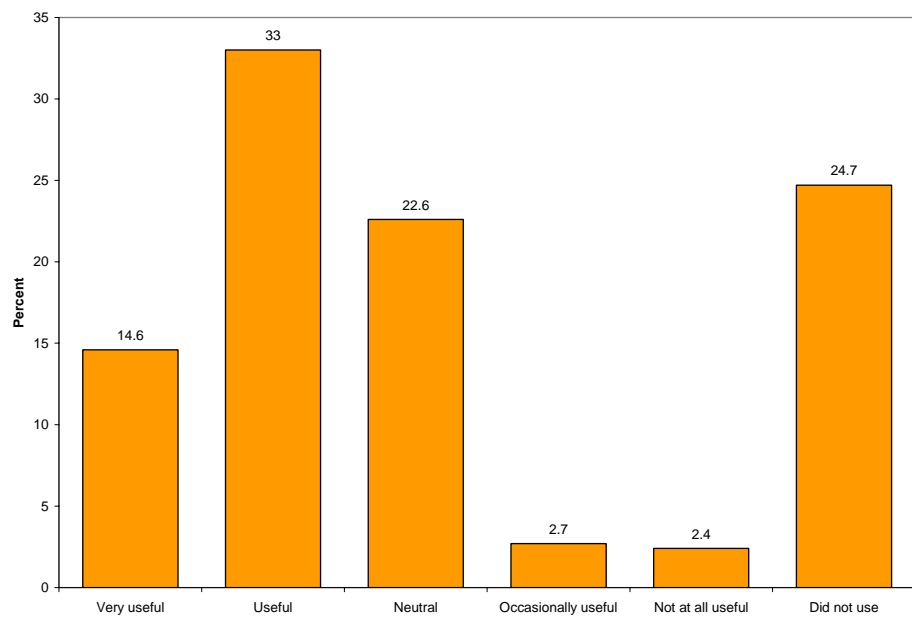
Team challenges



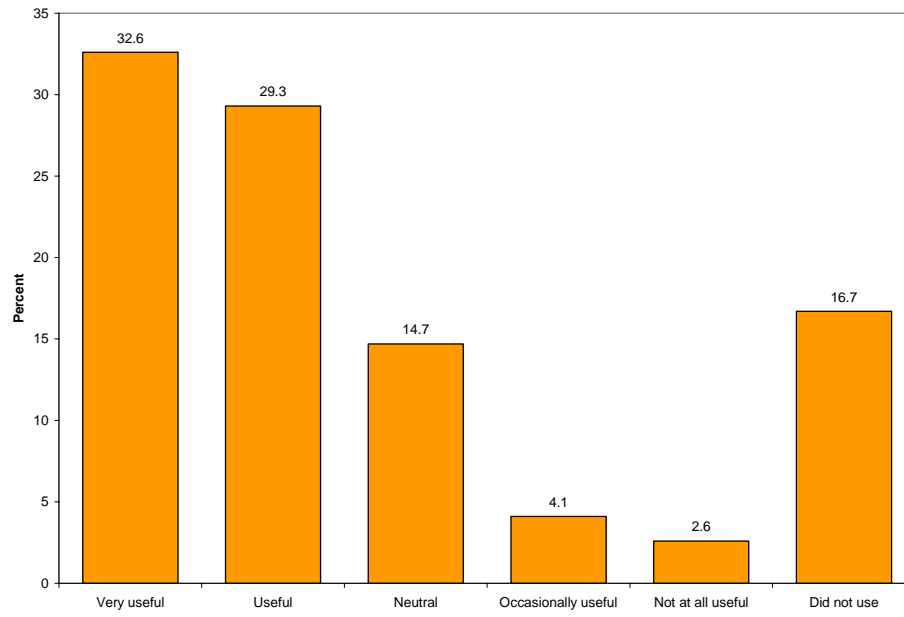
Individual challenges



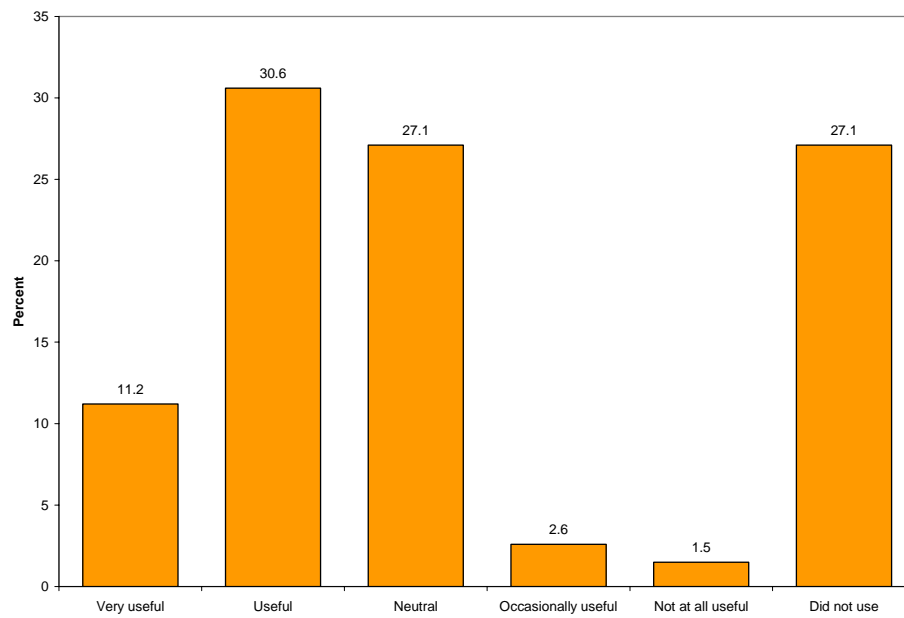
Health assessment



Daily steps reminder



E-newsletter



Q5. Suggestions for the 10,000 Steps Step Log

Users were given the opportunity to suggest information or features that they would like to see available in the online Step Log. They were also able to give further comments or feedback about the Step Log and the 10,000 Steps website. Below is a summary of the responses:

- 14 users reported that no additional information or features were required in the Step Log.
- 21 users responded with positive feedback about the 10,000 Steps Step Log and website. Examples of typical responses are shown below:
 - *"Using this site has helped me maintain my walks to help with my health. Instead of putting off going for a walk I feel compelled to go and try to get my steps up for my challenge."*
 - *"I think it is a great way of increasing your steps per day and thus improving your health. It's a great incentive for me."*
 - *"I do some activities such as erg (indoor rower) that are not counted by the pedometer. I like being able to convert my time and meter values to steps via the log."*
- 21 users provided feedback on the current features in the Step Log and on the website. Feedback included:
 - Inconsistent Daily Step Reminder (either not received or received when not required) (*Resolved*)
 - Link to 10,000 Steps website from Daily Steps Reminder not functional (*Resolved*)
 - E-newsletter not regular enough to be useful
 - Unable to download I-Challenge certificates once challenge completed (*Resolved*)
 - Difficulty counting steps for 'other' activities (*Conversion calculator available in Step Log*)
 - 'Remember Me' function not remembering details (*Potential user error*)
 - Preferred monthly printable step log over the current 4 week step log (*Still available to Providers*)
 - Can not find printable step log (*Available under About the Step Log in Active Lifestyles section*)
 - Daily and monthly summary graphs not updating properly (*Problem due to 'cookies' on local computer*)
- 22 users provided suggestions for other information or features they would like to see available in the Step Log. Suggestions are listed below:
 - Ability to add baseline data after initial registration (*Available in Update Your Details section*)
 - More room for comments in Daily Steps Entry
 - Contact name for any problems (*Contact Us section available*)
 - Add weight and blood pressure measurements to the Health Assessment (*Weight measurement already included in Health Assessment*)
 - Would prefer a virtual walking journey (showing progress on a track) for an Individual Challenge
 - Would like competitions between individuals for an Individual Challenge
 - Longer time frames to register for Individual Challenges (*Individuals can register at any time during the month of the I-Challenge*)
 - More challenges e.g., 1,000,000 Steps
 - Monthly steps totals (*Available in Daily Steps Summary*)
 - Current year steps total
 - Weekly steps average
 - Facility to alter password (*Available in Update Your Details section*)
 - Red apples (or similar) to acknowledge 10,000 step days
 - Motivational comments/Encouragement based on activity levels

- Sponsorships from companies to promote sporting goods, e.g. discounted products/gym memberships
- Various exercises to target certain body parts
- List events that individuals can participate in to increase physical activity e.g. similar to www.ourbrisbane.com
- Allow access to team challenges for individuals (when not in workplace or organisation)
- Limit team size in team challenges (so all teams have same numbers)
- Increase reach of challenges to include United States residents
- How to unsubscribe (*Available in Update Your Details section*)

Q6. How long have you been using a pedometer for?

Duration	N	Percent
I have never owned a pedometer	6	1.8
Less than 1 month	15	4.4
1-3 months	152	44.4
4-6 months	70	20.5
7-12 months	44	12.9
Over 12 months	55	16.1
Total	342	100.0

Q7. When you first started wearing your pedometer, how many steps did you average a day?

Steps per day	N	Percent
Less than 3,000	26	7.7
3,000-5,000	78	23.2
5,001-7,000	81	24.1
7,001-10,000	97	28.9
More than 10,000	54	16.1
Total	336	100.0

Q8. Views about physical activity levels.

Participants were asked to indicate whether they agreed or disagreed with statements relating to their physical activity levels. Data is presented as a series of tables. The relating statement is written above each table.

Using a pedometer helped me to increase my physical activity level

View	N	Percent
Agree	304	90.5
Disagree	32	9.5
Total	336	100.0

Setting daily step goals helped me to increase my physical activity level

View	N	Percent
Agree	287	85.4
Disagree	49	14.6
Total	336	100.0

Recording my daily steps in the Step Log helped me to increase my physical activity level

View	N	Percent
Agree	300	89.3
Disagree	36	10.7
Total	336	100.0

10,000 Steps was an achievable daily step goal

View	N	Percent
Agree	307	91.4
Disagree	29	8.6
Total	336	100.0

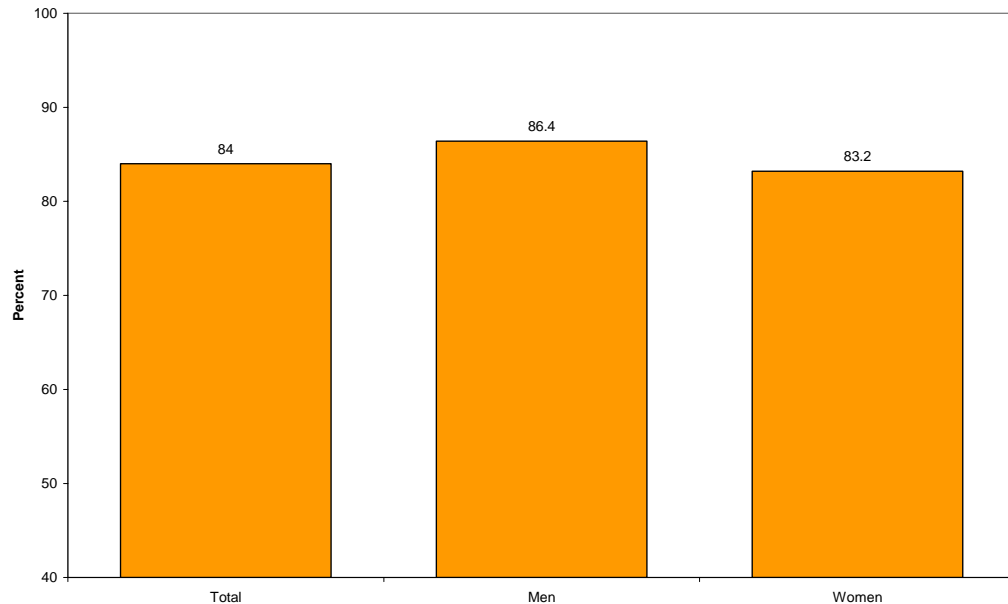
Q9. Likelihood of achieving health outcomes

Participants were asked to indicate the likelihood of achieving certain health outcomes by doing at least 10,000 steps per day. Participants responded on a 5 point likert scale ranging from not at all likely (1) to very likely (5). This scale was collapsed into two more general categories:

- 1) Not likely (not at all likely, probably not likely or possibly likely), and
- 2) Likely (likely or very likely).

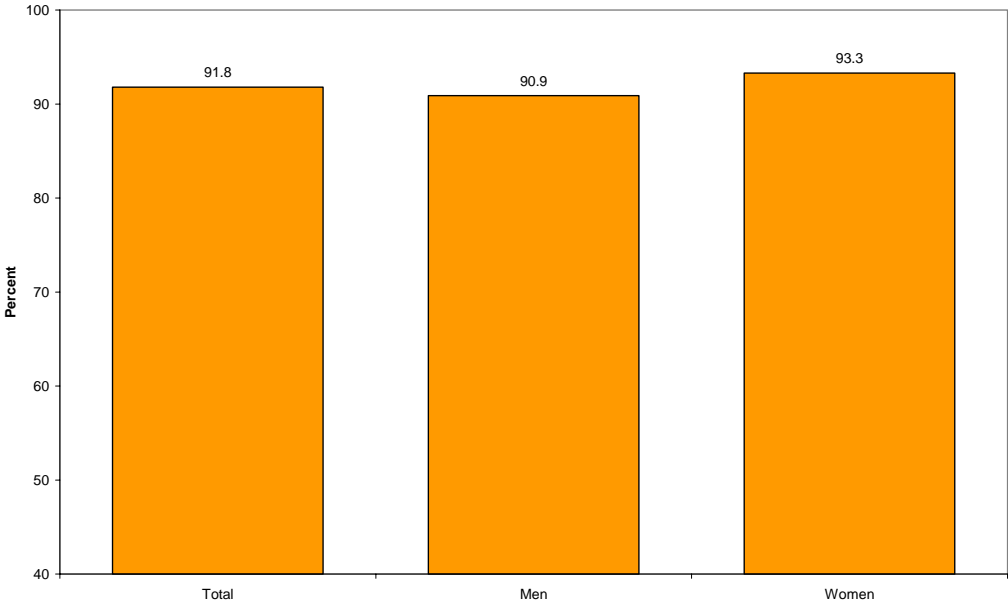
Data is shown in a series of bar charts indicating the percentage of respondents who indicated that they thought it was likely (or very likely) that they would achieve the specified health outcomes by doing at least 10,000 steps per day. Percentages are shown for the total respondents, men and women.

Percentage of respondents who thought it was likely that they would increase their fitness by doing at least 10,000 steps per day



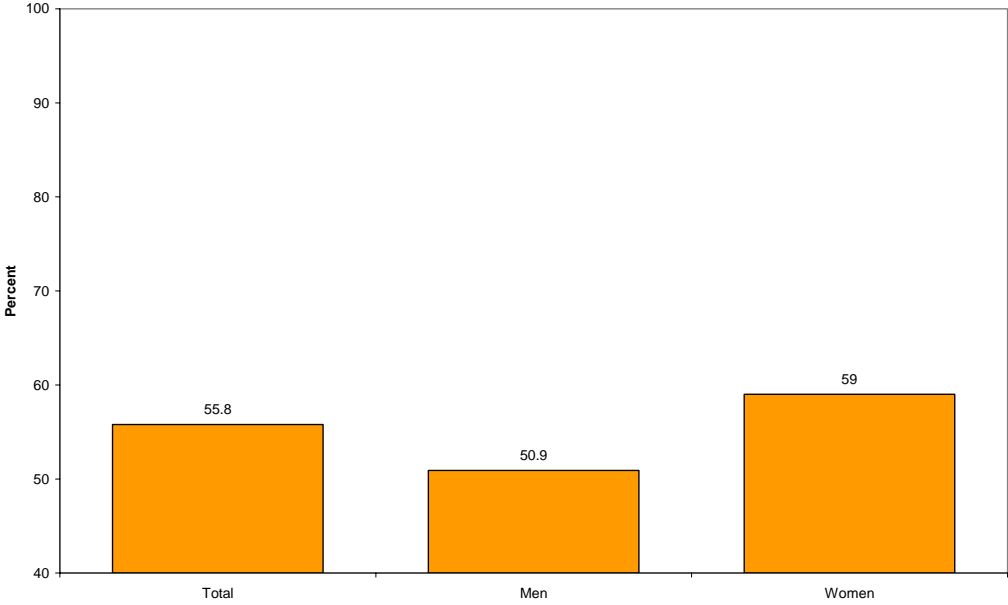
A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who thought it was likely that they would improve their health by doing at least 10,000 steps per day



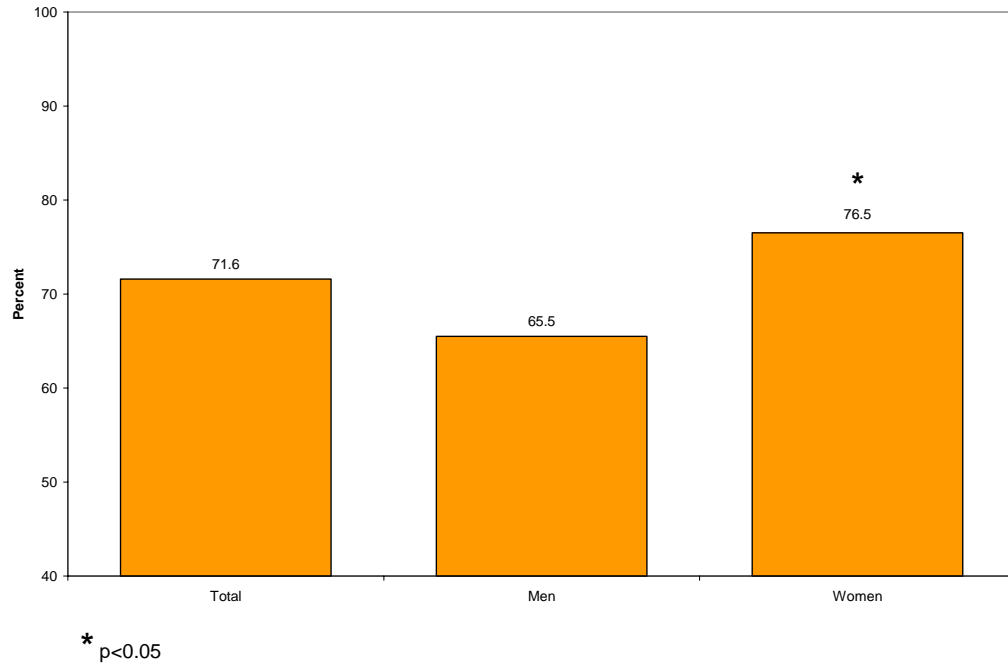
A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who thought it was likely that they would lose weight by doing at least 10,000 steps per day



A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who thought it was likely that they would maintain their current weight by doing at least 10,000 steps per day.



A t-test of proportions revealed a significant difference between men and women on this measure, $t_{(304)} = -2.09$, $p = 0.037$. More women than men thought that it was likely that they would maintain their current weight by doing at least 10,000 steps per day.

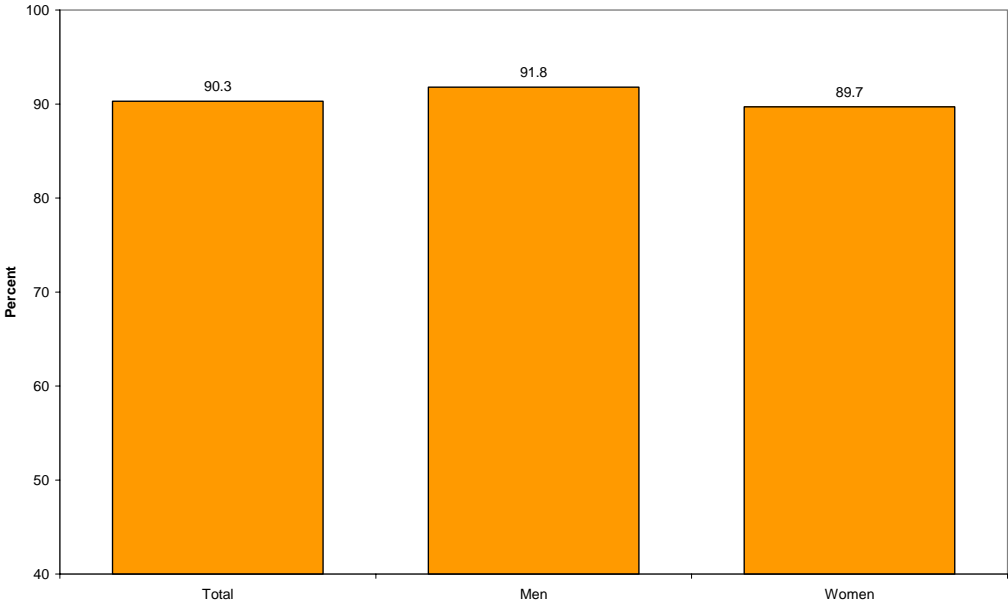
Q10. Importance of achieving health outcomes

Following Q9, participants were asked to indicate the importance of achieving certain health outcomes. Participants responded on a 5 point likert scale ranging from not at all important (1) to very important (5). Again, this scale was collapsed into two more general categories:

- 1) Not important (not at all important, of little importance or moderately important), and,
- 2) Important (important or very important).

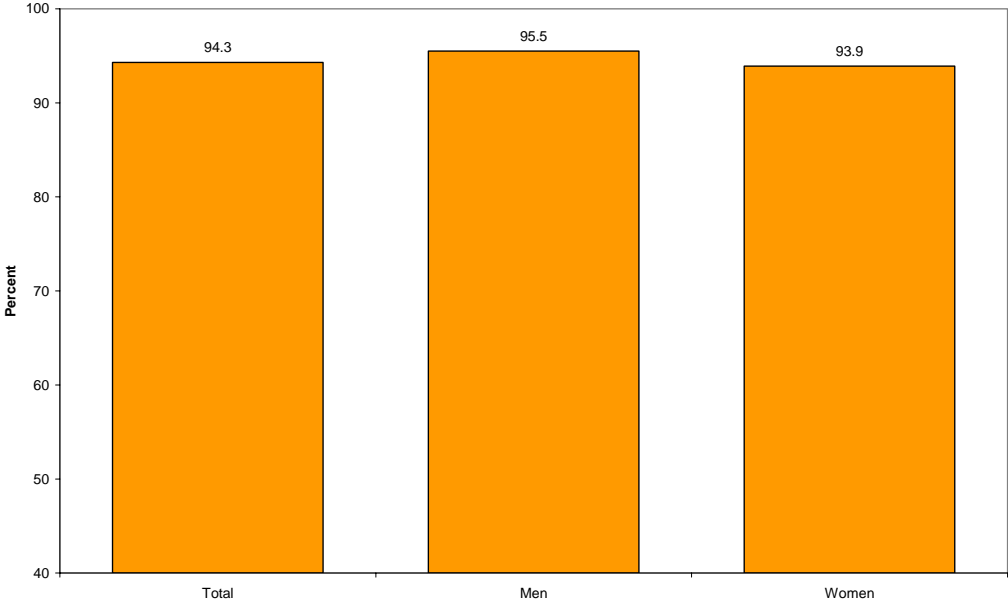
Data is shown in a series of bar charts indicating the percentage of respondents who thought that it was important (or very important) to achieve the specified health outcomes. Percentages are shown for the total respondents, men and women.

Percentage of respondents who indicated it was important for them to increase their fitness.



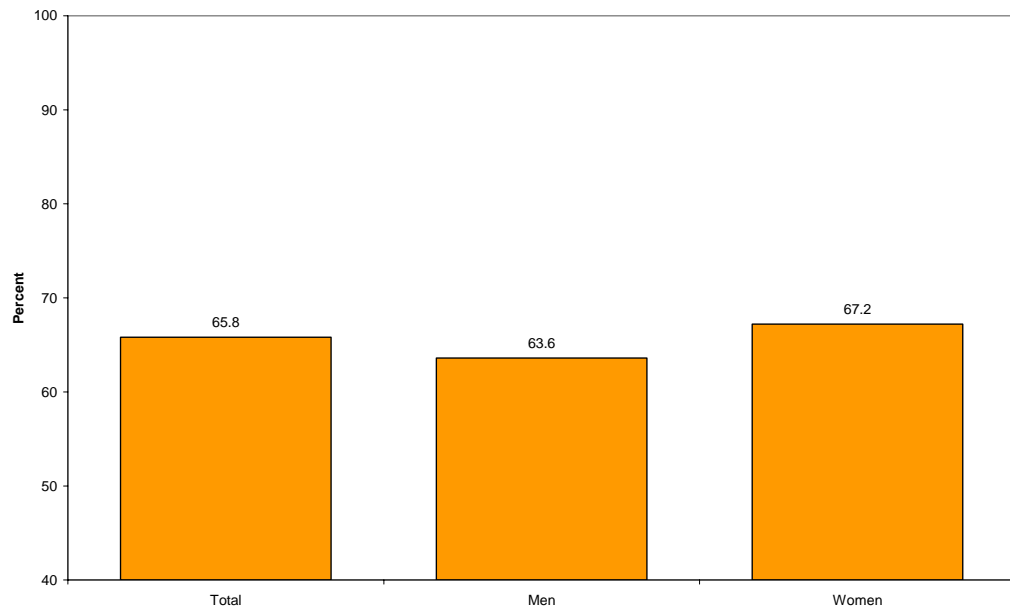
A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who indicated it was important for them to improve their health.



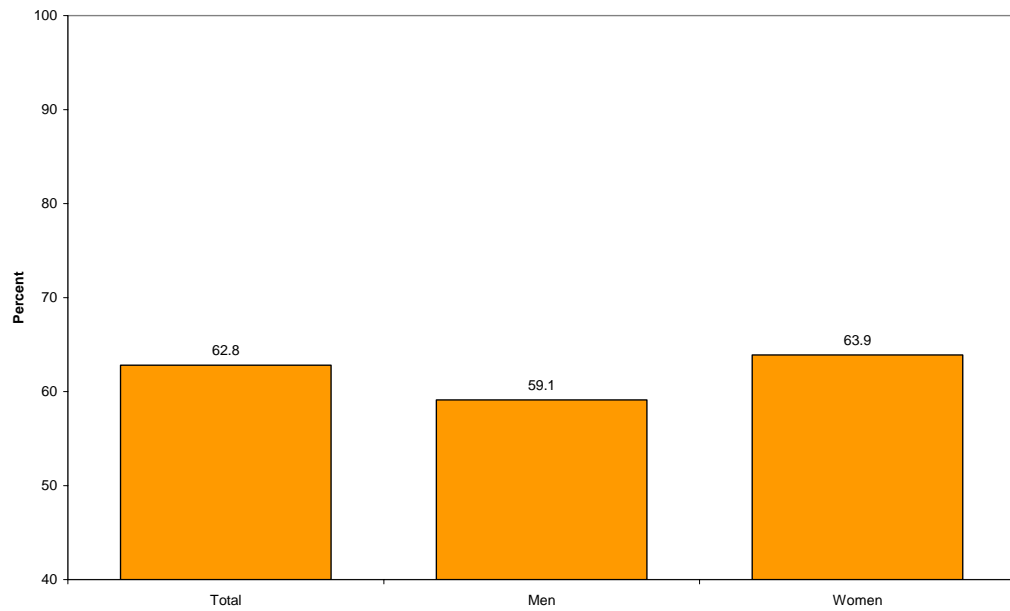
A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who indicated it was important for them to lose weight.



A t-test of proportions revealed no significant difference between men and women for this measure.

Percentage of respondents who indicated it was important for them to maintain their current weight.



A t-test of proportions revealed no significant difference between men and women for this measure.

Q11-Q18. Leisure time physical activity levels

Leisure time physical activity (LTPA) data was collected using the Active Australia Survey instrument (Australian Institute of Health and Welfare, 2003). Following the Active Australia guidelines, levels of physical activity were categorised as follows:

- 1) Sedentary (Reported no walking, moderate- or vigorous-intensity activity in the week prior to the survey)
- 2) Insufficient Activity (Reported less than 150 minutes of physical activity or reported more than 150 minutes of activity but in less than five sessions in the week prior to the survey)
- 3) Sufficient Activity (Reported a minimum of 150 minutes of activity conducted in five or more sessions in the week prior to the survey).

LTPA	N	Percent
Sedentary	10	3.1
Insufficient Activity	54	16.7
Sufficient Activity	259	80.2
Total	323	100.0

Q19. What do you estimate is the total time that you spend watching TV during an average WEEK day?

	Time (minutes)	
	Mean	SD
Men	348.7	388.1
Women	269.9	382.0
Total	301.4	385.8

Q20. What do you estimate is the total time that you spend watching TV during an average WEEKEND day?

	Time (minutes)	
	Mean	SD
Men	244.9	174.6
Women	205.7	150.5
Total	219.2	160.4

Q21. What do you estimate is the total time that you spend sitting during an average working day?

	Time (minutes)	
	Mean	SD
Men	379.7	209.7
Women	335.5	236.9
Total	350.9	226.6

Q22. Are there shops and services in walking distance of your home?

Response	N	Percent
Yes	255	82.8
No	53	17.2
Total	308	100.0

Q23. Are there footpaths in you neighbourhood?

Response	N	Percent
Yes	259	84.1
No	49	15.9
Total	308	100.0

Q24. Is there heavy traffic in your neighbourhood?

Response	N	Percent
Yes	134	43.5
No	174	56.5
Total	308	100.0

Q25. Are there open spaces (such as parks and ovals) and recreational facilities in your neighbourhood (e.g. gyms and sporting facilities)?

Response	N	Percent
Yes	263	85.4
No	45	14.6
Total	308	100.0

Q26. What is your age?

	Age (years)	
	Mean	SD
Men	46.76	10.34
Women	42.98	11.21
Total	44.36	11.02

An independent sample t-test revealed that male Step Log users are significantly older than female Step Log users ($t_{(303)} = 2.91, p = 0.004$).

Age Category	N	Percent
18-34 years	62	20.3
35-44 years	77	25.2
45-54 years	121	39.5
55 years or over	45	15.0
Total	306	100.0

Q27. Please select your gender.

Gender	N	Percent
Men	110	35.9
Women	196	64.1
Total	306	100.0

Q28. In which State or Territory do you reside?

State or Territory	N	Percent
Queensland	93	33
New South Wales	91	32.3
Victoria	47	16.7
Australian Capital Territory	33	11.7
Western Australia	9	3.2
South Australia	7	2.5
Tasmania	2	0.7
Northern Territory	0	0
Total	282	100.1*

*Due to rounding

Q29. What is your postcode?

Of the 287 Step Log users who responded to this question, 213 unique postcodes were reported. No further analysis of the postcode data was conducted.

Q30-Q31. Body Mass Index

Height and weight data was collected to calculate body mass index (BMI). Results are shown below.

	Body Mass Index	
	Mean	SD
Men	28.09	5.16
Women	26.77	6.06
Total	27.24	5.77

An independent samples t-test revealed no significant difference between the BMI of men and women ($t_{(278)} = 1.86$, $p = 0.064$).

Body Mass Index	N	Percent
Underweight (<18.5)	4	1.4
Acceptable weight (18.5-24.9)	106	37.9
Overweight (25-29.9)	106	37.9
Obese (>30)	64	22.9
Total	280	100.1*

*Due to rounding

Q32. Would you describe yourself as:

Response	N	Percent
Aboriginal	1	0.3
Torres Strait Islander	0	0.0
Australian South Sea Islander	4	1.3
None of the above	297	98.3
Total	302	99.9*

*Due to rounding

Q33. What is your ethnic background?

Analysis of ethnicity data was not conducted.

Q34. What is the highest educational qualification you have completed?

Education	N	Percent
Primary School	2	0.6
High School (Year 10)	27	8.7
High School (Year 12)	37	11.9
TAFE Certificate/Diploma or equivalent	87	28.1
University degree or higher degree	157	50.6
Total	310	100.0

Q35. Which of the following best describes you current occupation?

Participants reported their occupational category as classified by the Australian Standard Classifications of Occupations (Australian Bureau of Statistics, 1997). These categories were then collapsed into three more general categories as used in previous Australian research relating to occupational physical activity (Mummery, Schofield, Steele, Eakin, & Brown, 2005; Steele & Mummery, 2003). The final classifications used in this study were:

- 1) Professionals (managers and administrators, professionals and associate professionals)
- 2) White-collar workers (elementary clerical sales and service workers and advanced clerical sales and service workers)
- 3) Blue-collar workers (tradespeople and related workers, intermediate production and transport workers, labourers and related workers).

Occupation	N	Percent
Professional	176	64.0
White-collar workers	89	32.4
Blue-collar workers	10	3.6
Total	275	100.0

Q36. What is your annual household income?

Household Income	N	Percent
Nil-\$26,000	15	5.0
\$26,000-\$52,000	78	25.7
\$52,001-\$75,000	64	21.1
\$75,001-\$100,000	42	13.9
More than \$100,000	62	20.5
No response	42	13.9
Total	303	100.1*

*Due to rounding

Q37. Have you ever been told by a doctor that you have any chronic health problems?

Response	N	Percent
Yes	60	19.4
No	250	80.6
Total		100.0

Q38. List chronic health problems

Chronic health problem	Responses		Percent of cases
	N	Percent	
High Blood Pressure	24	19.7	41.4
Depression	16	13.1	27.6
Arthritis	11	9.0	19.0
Anxiety/Nervous Disorder	9	7.4	15.5
Diabetes	7	5.7	12.1
Heart Disease	6	4.9	10.3
Skin Cancer	6	4.9	10.3
Osteoporosis	4	3.3	6.9
Emphysema	3	2.5	5.2
Stroke	1	0.8	1.7
Thrombosis	1	0.8	1.7
Colon Cancer	1	0.8	1.7
Other	33	27.0	56.9
Total	303	100.0	210.3

Other chronic health problems included various conditions such as asthma (5), high cholesterol (3), back injury (3), multiple sclerosis (2), epilepsy (2), chronic fatigue syndrome (2) and others.

SUMMARY

This report highlighted the efficiency and availability of the resources on the 10,000 Steps website for individuals. The website and online Step Log seem to be very usable as over 80% of current Step Log users agreed or strongly agreed with the usability statements relating to these resources. The survey also highlighted the usefulness of the features in the online Step Log and identified the percentage of Step Log users that have not used specific features. Additionally, the survey allowed the current Step Log users to comment on the 10,000 Steps website and Step Log and make suggestions for additional resources. 10,000 Steps should review the suggestions and comments provided by the users to inform further development the website and improve the resources available for current and future Step Log users.

Finally, the survey determined the characteristics of current 10,000 Steps Step Log users. The survey provided a variety of data relating to demographics, pedometer use, physical activity levels and the importance and likelihood of achieving certain health outcomes of the current Step Log users. This data provides 10,000 Steps with a better understanding of the individuals accessing the online Step Log and the overall reach of the project.

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