



GETTING STARTED

REGISTRATION AND LOGGING INTO YOUR ACCOUNT

1 Register an Account
 Visit your program's private URL (it will look something like this *example.walkertracker.com*) and click on "Register Now". Fill out the registration form and click "Register".

Don't have an account?

REGISTER NOW!
 Sign up takes 30 seconds

Register →

1.A Login
 If you already have an account, enter your username/email and password and click "Login"

Welcome, please login.

LOGIN

[Forgot password?](#) | [Login help](#)

2 Customize
 During your first visit, you will fill in your first and last name, select your time zone, step goal, and enter a description so others can identify you!

 **exampleuser** Search Help Logout

Set your profile preferences and add a profile picture by clicking on your username in the upper right-hand corner of your account while logged in online.

First & Last Name:

Timezone:

For a few time-related items to calculate correctly it's important to enter your local timezone

(GMT-8) Pacific Time (US & Can)

Profile:

A few notes about yourself - visible to other users in your program

Birthdate:

January 1, 1968


Daily step goal

How many steps do you want to walk per day?

6000 (2,000 steps rough equals 1 mile. 1,200 steps roughly equals 1 kilometer)

Get Started!

Have questions or need assistance?

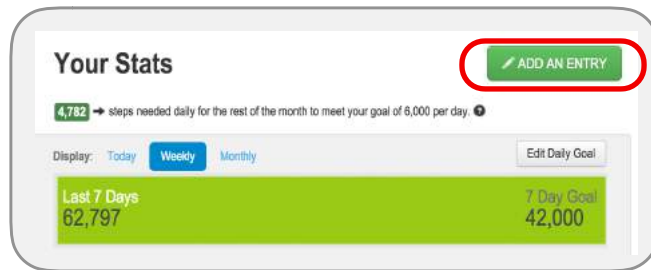
Look for the blue  button on the lower right-hand corner when you are logged into your program.



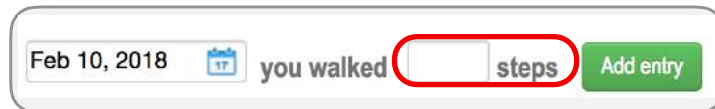
STEP ENTRY - MANUAL

OPTION 1 - IF YOU DO NOT HAVE A WIRELESS ACTIVITY TRACKER OR APP, YOUR PROGRAM MAY ALLOW YOU TO ENTER YOUR STEPS MANUALLY

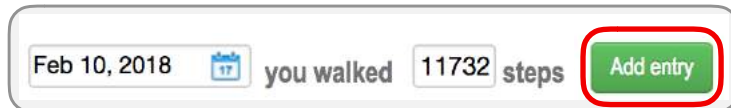
1 From “Your Stats” page, click on “Add an Entry”



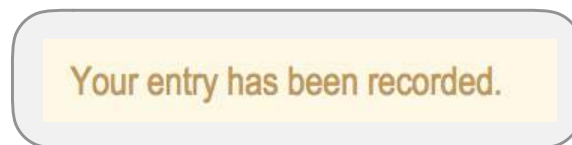
2 Enter in the number of steps you walked on a particular day.



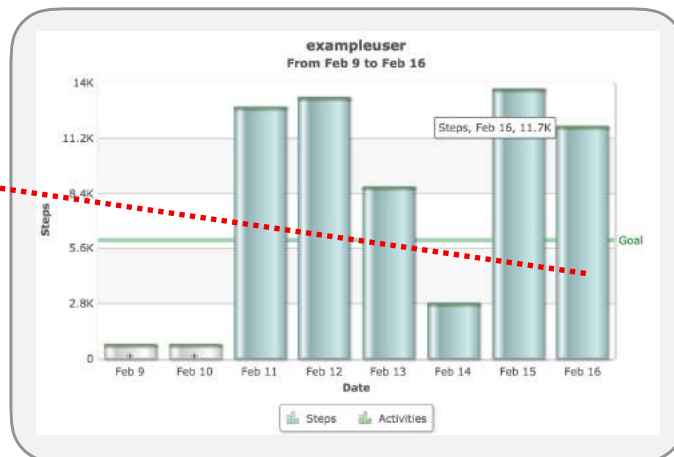
3 Click on “Add Entry”




4 You will receive a confirmation that your entry has been recorded



5 Scroll down and check out your entry on your step graph!



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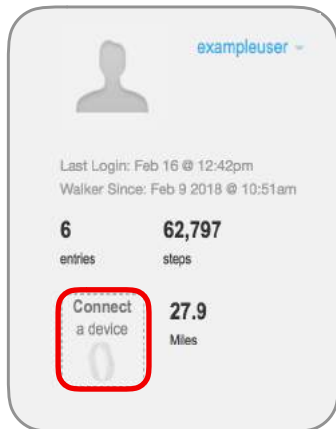
STEP ENTRY - WIRELESS PEDOMETER

OPTION 2 - YOU CAN LINK MOST WIRELESS PEDOMETERS TO WALKER TRACKER. YOU CAN FIND A LIST OF DEVICES WE LINK TO [HERE](#). ONCE YOU HAVE A DEVICE CONNECTED, YOU WILL NOT BE ABLE TO ENTER STEPS MANUALLY.

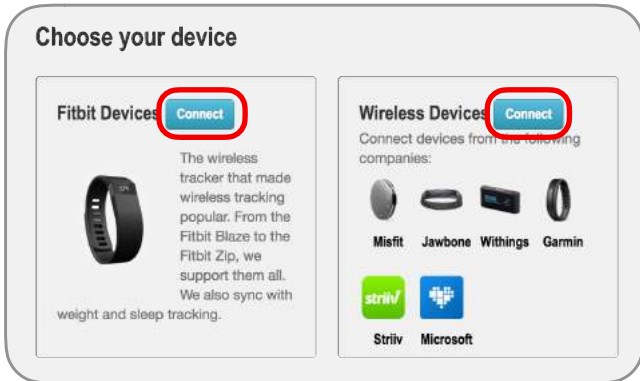
1 First, make sure you have created an account with your wireless pedometer's app or website. EX: Fitbit to the Fitbit app, Misfit to the Misfit app, etc.



2 While logged into your Walker Tracker account online, click on "Connect a Device" below your avatar.



3 Click "Connect". Select from either option that shows the type of device you want linked to your account. Follow the prompts to continue setup.



4 Authenticate your connection with the email and password you used to register your device in step 1. Follow the prompts to finish!



Have questions or need assistance?

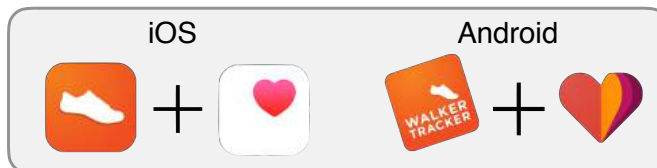
Look for the blue button on the lower right-hand corner when you are logged into your program.



STEP ENTRY - MOBILE APPS

OPTION 3 - CONNECT THE APPLE HEALTH APP OR GOOGLE FIT APP TO YOUR WALKER TRACKER ACCOUNT TO ACT AS YOUR WIRELESS PEDOMETER.

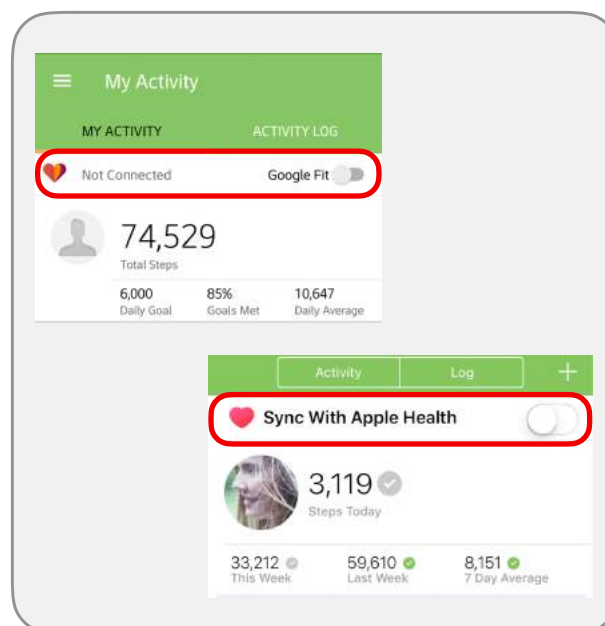
1 Download the Walker Tracker mobile app for iOS or Android. Verify that you have the Apple Health app or Google Fit (Android) app on your device. You may need to download these to your phone as well.




2 Sign into your Walker Tracker account or register with your program's URL by clicking "Create an Account".



3 You will see the option to slide the specified pedometer app ON to start tracking your steps. Agree to the prompts and remember to have your phone on you during the day to record your steps!



Have questions or need assistance?

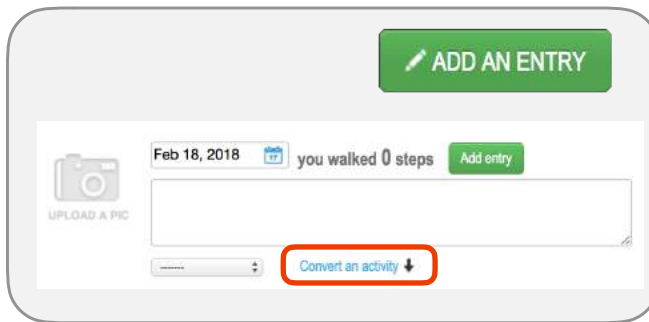
Look for the blue  button on the lower right-hand corner when you are logged into your program.



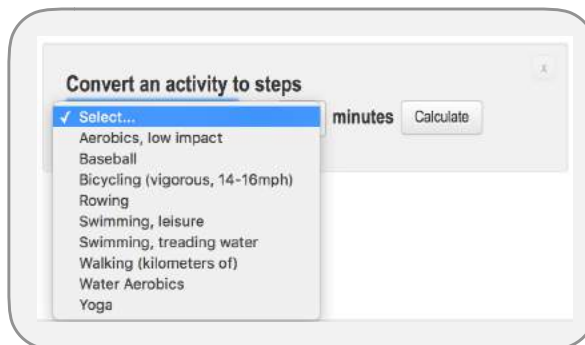
CONVERT AN ACTIVITY

IF YOUR PROGRAM ALLOWS, YOU WILL BE ABLE TO CONVERT ACTIVITIES INTO STEPS!

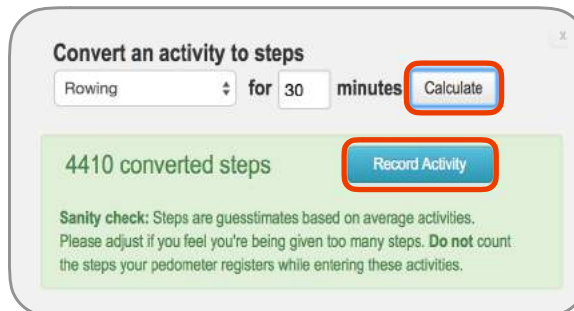
1 While logged in online, click on “Add an Entry” and then “Convert an Activity”.



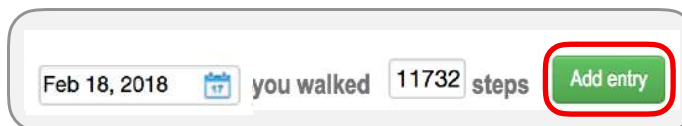
2 You will see a dropdown where you can select the type of activity you would like to convert.



3 Enter in the amount of time you did the activity and then click “Calculate”. You will see how many steps this converts to. Click “Record Activity” when you’re ready.




4 Click “Add Entry” to finalize your recording.



5 On your step graph, your converted activities will show as a different color than your regular recorded steps.



Have questions or need assistance?

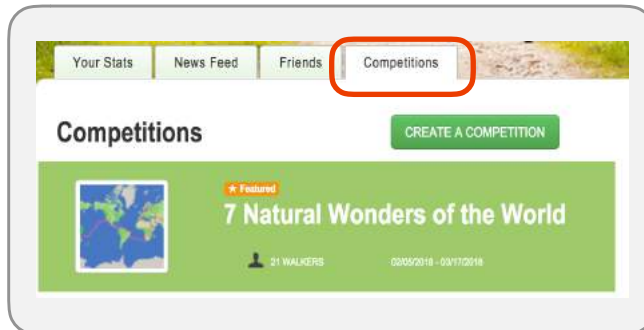
Look for the blue  button on the lower right-hand corner when you are logged into your program.



GET TO KNOW YOUR CHALLENGE

LEARN THE DETAILS OF YOUR CHALLENGE TO SUCCEED!

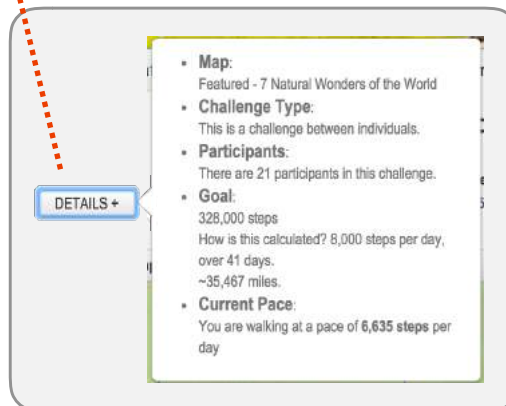
1 To view your challenge(s), click on the “Competitions” tab. You will see featured challenges (site wide challenges) highlighted in green.




2 You will see information such as the start and end dates, overall step goal, your current pace and the pace needed to finish at the top of the challenge page.



3 Click on the “Details” button to view information such as challenge type, daily step goal, and how many participants are in your challenge.



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VIEW YOUR CHALLENGE

SEE WHERE YOU'RE AT AND VIEW WHERE OTHERS ARE IN YOUR CHALLENGE!

1 On the challenge page, you will see a map. Use the + or - in the upper left-hand corner of the map to zoom in or out.

Red pins are milestones you have passed.

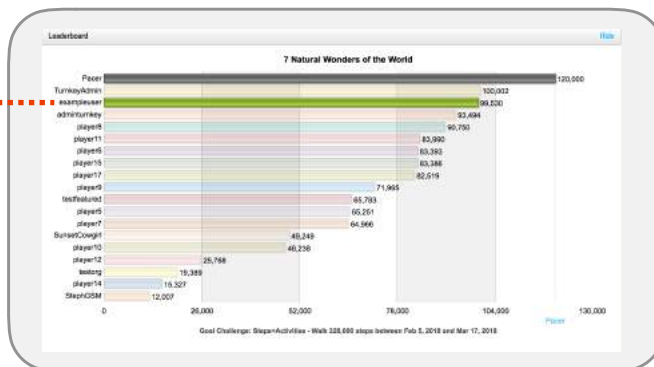
You will see other participants along the route.



2 Clicking on either a milestone pin icon or the map history icon will show you the details of the milestones you have passed.



3 Scrolling past the map view will show you the challenge leaderboard. You will be slightly highlighted compared to your challengers. The pacer shows you how many steps you should be at in order to finish the challenge on time.



Have questions or need assistance?

Look for the blue Support button on the lower right-hand corner when you are logged into your program.

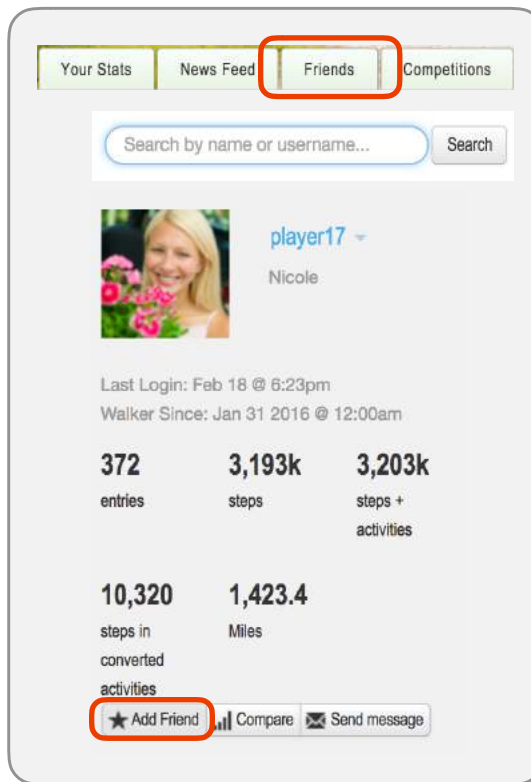


INTERACT & SHARE

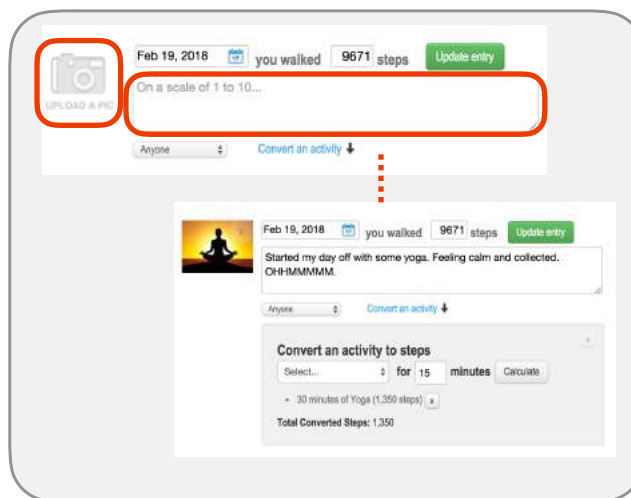
FIND FRIENDS. ADD JOURNAL ENTRIES. PHOTOS. AND MORE!

1 There are two ways to add friends:

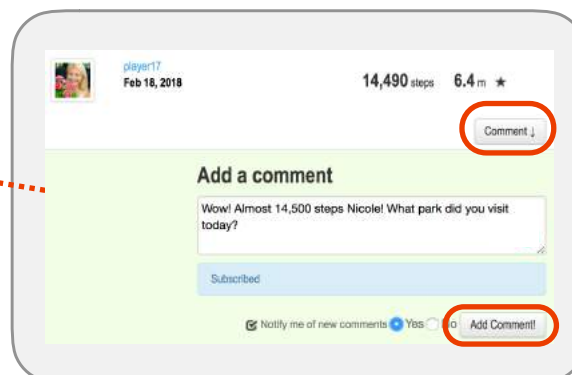
1. Click on the friends tab and search for them by name or username.
2. Visit a person's page and click "Add Friend" below their avatar.




2 Add a picture and/or note to your daily step entry. Click on "Add an Entry" and click on "Upload a Photo". Add a note about your day in the text box. When you're ready click to "Add Entry" or "Update Entry".



3 Comment on a friends step entry. Cheer them on, make suggestions, get suggestions or just let them know you're thinking of them.



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