



How To: iPhone App

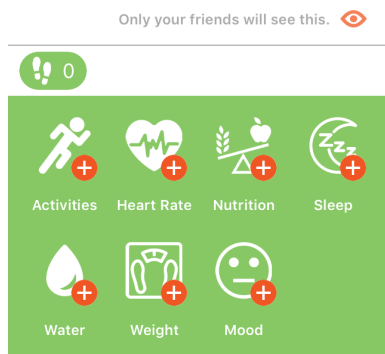
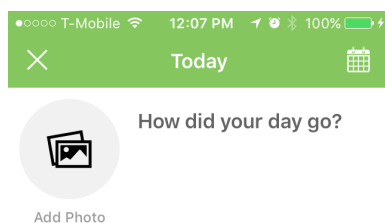
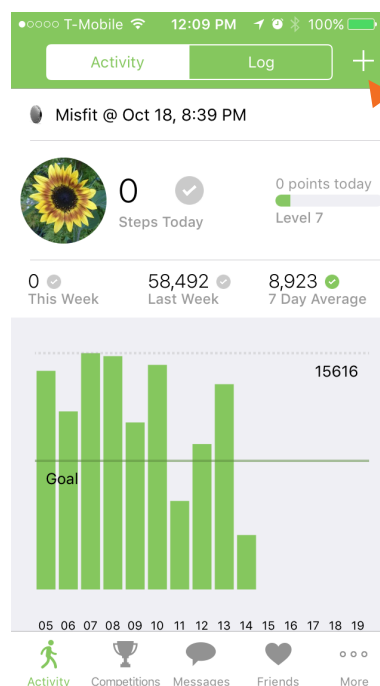
Use the Walker Tracker app to have easy access to your daily steps and metrics from Walker Tracker!

- 1) Go to the app store on your iPhone and type in “**Walker Tracker**”. Make sure the one you download has our logo on it.

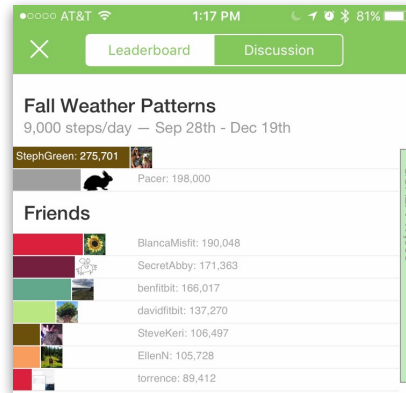
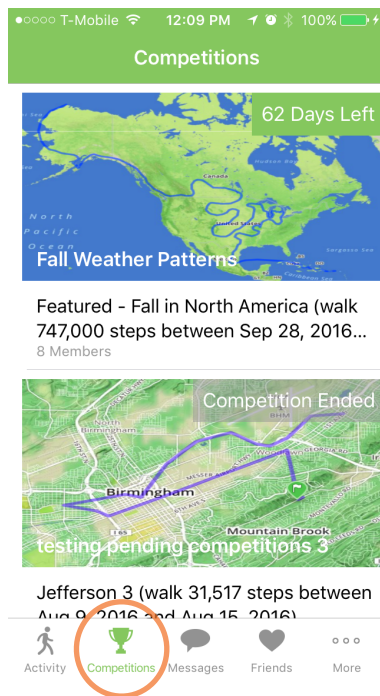


- 2) Once downloaded, you can log in or register for your program.

- 3) From your main ‘**Activity**’ page you will see any devices that you have attached, the option to connect Apple Health if you would like, your current day’s steps, and your step graph.

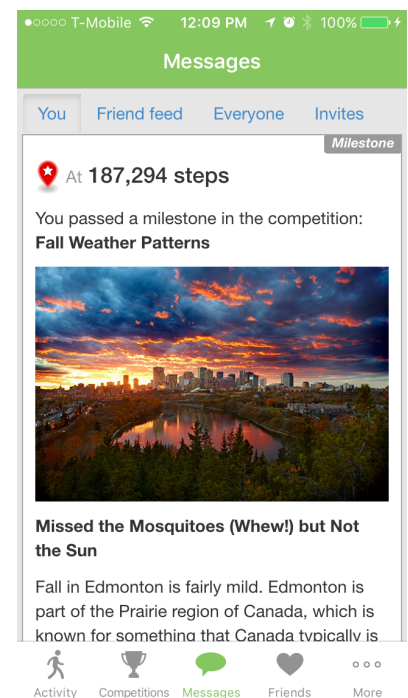


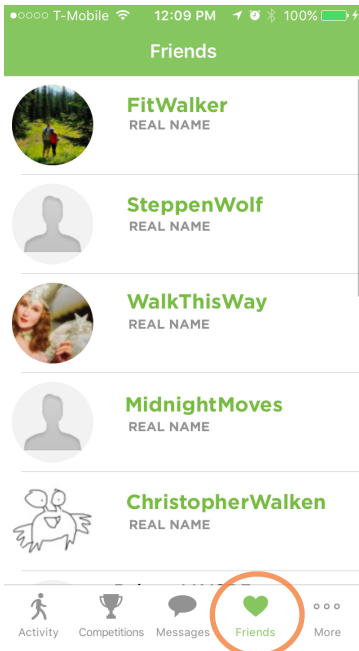
- 4) To make an entry, click on the ‘+’ sign in the upper right-hand corner. Here you can make a journal entry, step entry, add a photo, and access wellness metrics.
NOTE: Some of these options may not be available in your program.



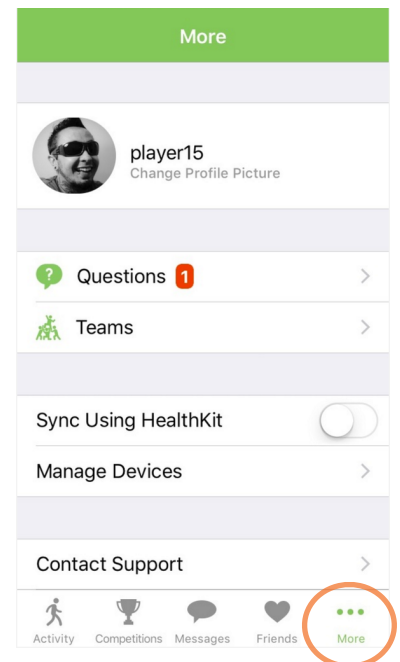
- 5) Access your **Competitions** page by clicking on the Competitions option at the bottom of the app. Clicking on the competition title will show you competitors in the challenge. You will see yourself at the top alongside the pacer.

- 6) Clicking on **Messages** will show you milestones you have passed in your competitions, notices from your admin, as well as invites to competitions.

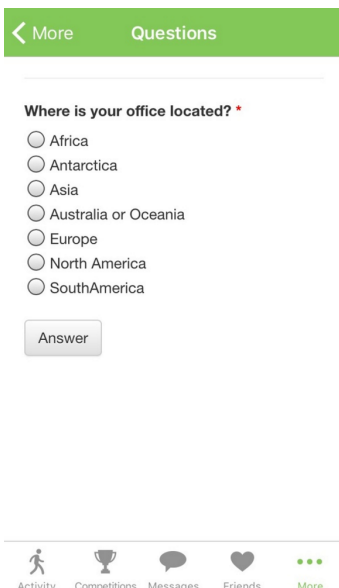




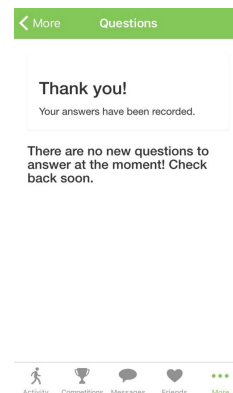
- 7) **Friends** will allow you to access your friend's pages and view their step log.



- 8) Clicking on **More** will take you to a page where you can access **Questions** asked by your admin, **Teams**, and other options. You will see a red number when there are questions waiting for you to answer.



- 9) Conveniently answer questions from the app! When you have completed the question(s), you will get a note confirming you have no new questions to answer.



The Walker Tracker app is a great way to stay connected and up to date with your daily steps and competitions. Enjoy!