



Welcome to Walker Tracker

You've joined the walking challenge. This is your site, designed to help you achieve your goals. The following guide will walk you through the site - step by step. Have fun, be healthy, love life.

STEP 1: REGISTER

(IT'S SUPER EASY)

Don't have an account?

REGISTER NOW!

Sign up takes 30 seconds

Your program has already been created. You just need to register on the site.

Go to your Walker Tracker URL
yourprogram.walkertracker.com

Click the "**REGISTER NOW**" button.

ENTER A USERNAME AND PASSWORD in the registration form along with any other required information.

Welcome, please login.

LOGIN

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

Note: Some features may not apply to your program. Check with your program administrator or contact support@walkertracker.com.



STEP ENTRY OPTION 1: Enter steps manually (You have a manual entry pedometer)

You have the option to enter steps manually, by texting from your phone or using a Wireless device that automatically updates your step data. The following pages give instructions for all three methods. Once you have paired a wireless device you cannot manually enter steps. NOTE: your program may only allow one of these methods.



Your Stats

ADD AN ENTRY

Click here

5,509 → steps needed daily for the rest of the month to meet your goal of 6,000 per day.

Display: [Daily](#) [Weekly](#) [Monthly](#) [Edit Daily Goal](#)

Last 7 Days	7 Day Goal
53,800	42,000

Upload a picture of your walk...

... enter your steps...



Sep 16, 2014 you walked steps [Update entry](#)

Nice weather today?

Anyone [Convert an activity](#) [Quick Post](#)

Custom Metrics

My Weight

Water (daily goal is 64oz)

Enter time spent doing other activities, and convert those to steps (your admin gets to choose which activities are included in the list)...

Enter up to a week of steps at a time by using **QUICK POST**...

Optional: Enter your custom metrics data



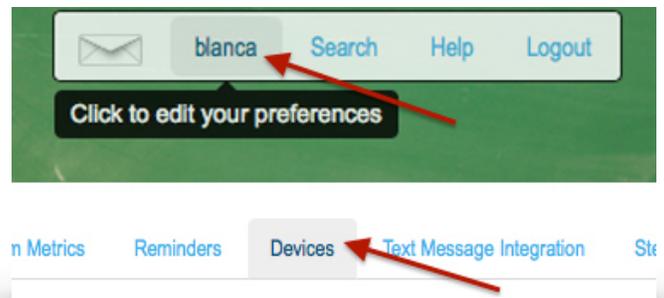
STEP ENTRY OPTION 2: Wireless device integration



Connect any wireless device we pair with to your Walker Tracker account and your steps will sync automatically! Once you have paired a wireless device you cannot manually enter steps.

- (1) **Register your device on its provider's site if applicable** - Please make sure your privacy settings at the device's website allow others to view your steps. For example, in your settings at Fitbit.com, under '*Privacy*' this is the setting '*Steps and Distance*' set it to '*Anyone*'.

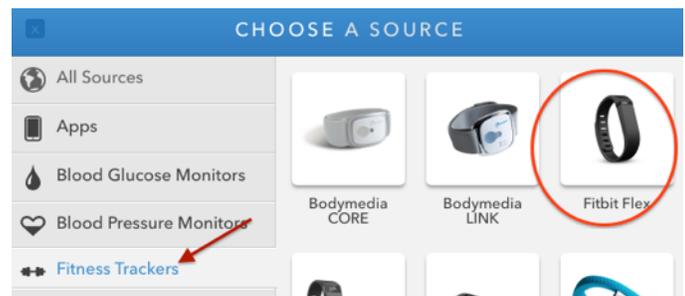
- (2) **Go to your preferences** - To pair your device with your Walker Tracker click on your username in the upper right corner next to the envelope. This brings you to your preferences panel. Click the 'Devices' tab.



- (3) **Click Connect** - Next to the image of the type of device you are connecting. Pick either the 'Moves app' or the 'Pebble'. If you have the Pebble please see our Pebble Guide. If you have a Fitbit, Withings, Jawbone or other wireless device click the connect button next to 'Fitbit, Withings +.'
- (4) **Pick your device and enter credentials-** We connect other devices through Human API, a helper application. Scroll down to 'Fitness Trackers' and select the image of your device.

You'll be prompted to enter your log-in info for the provider site. NOTE: Be sure to use your username and password for your provider, which may be different than your Walker Tracker info.

Then click -



- (5) **Leave the rest to us** - You're good to go. Your device will automatically update your Walker Tracker profile each time you sync. Enjoy!

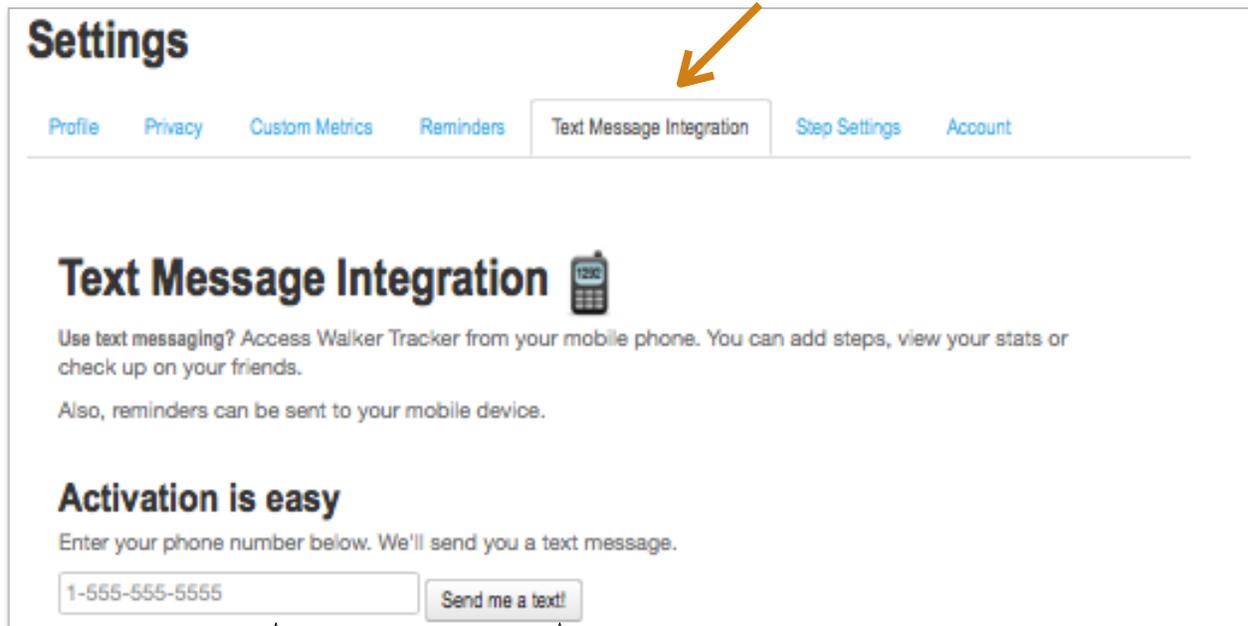
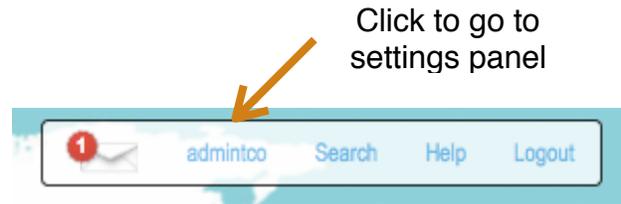




STEP ENTRY OPTION 3: Text Message your Step Entry

If you didn't pair your phone with your Walker Tracker account at setup, you can do it through your account settings panel. Once paired, you can send your step entries by text message to automatically record your steps.

Click on your **user name**, located in the admin panel in the upper right of the screen, to go to your account settings panel



Enter your phone number

Click to pair phone

To enter steps by text, just text a number value to the Walker Tracker phone number that sent you the first text. The step entry you text in will be automatically added to the day in which the text was sent. If you need to edit the entry, sign in to your account and edit from the web site screen. (Note: your carrier's text message rate applies to all texts sent and received.)



STEP ENTRY OPTION 4: Enter your steps from Android or iOS app



Hover over either the App Store or the Google Play image and click to download the app.



iOS
Get our iOS app - featuring Apple Health integration, with access to teams, friends, competitions and more.




Android
Featuring access to teams, friends, competitions, messages and more.

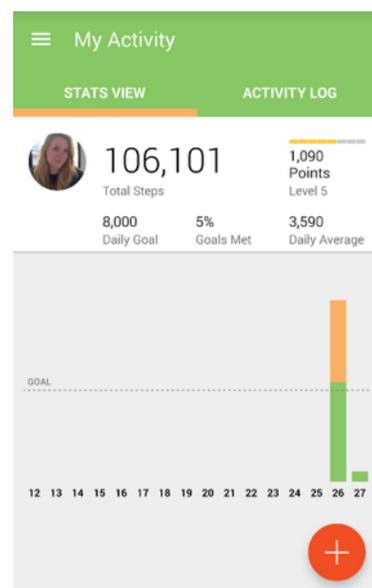
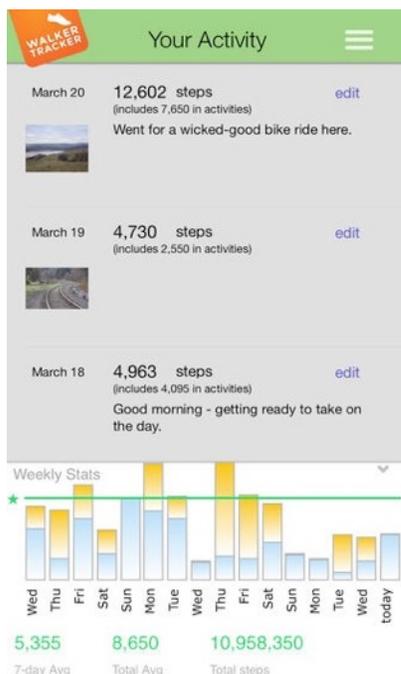


iOS - iPhone app -

- Click the three bars in the upper right corner.
- Pick 'Your Activity'
- Click '+Add Entry'
- Enter your steps along with a journal post and photo
- Click 'save' in the upper right corner

Android app -

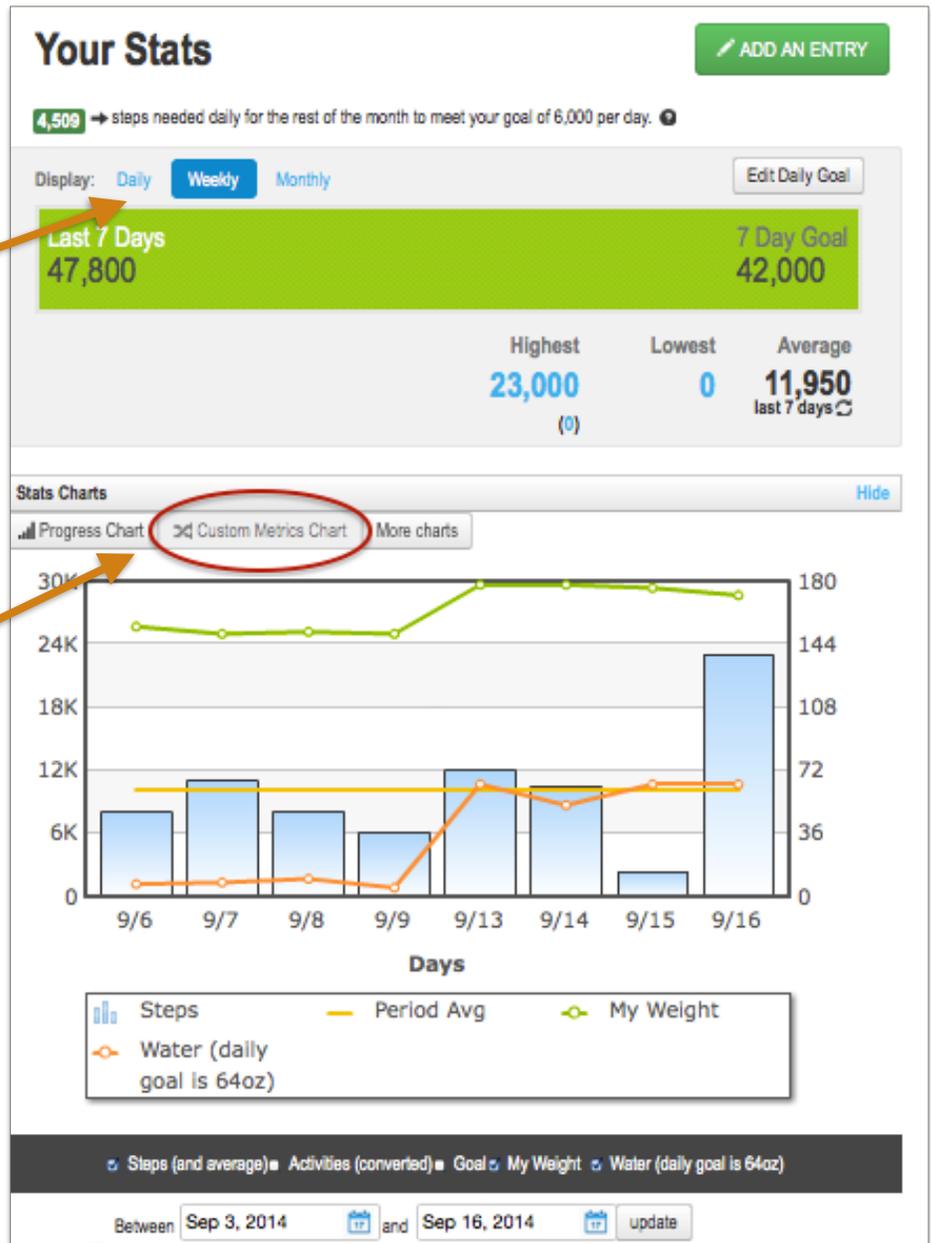
- Click the three bars in the upper right corner.
- Pick 'My Activity'
- Click the red + to add an entry
- Enter your steps along with a journal post and photo
- Click 'save' in the bottom right corner





STEP 3: VIEW YOUR STATS

View your **Daily, Weekly or Monthly progress**. Edit your daily personal goal and see how many steps you need to reach your step goal.



View your **Progress and custom metrics charts**.

Set the dates you want to see reflected on the chart. These can be your competition dates or any other dates after your program start.



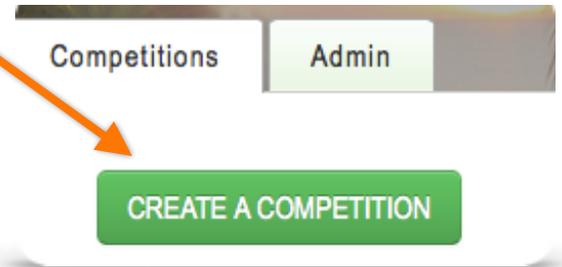
STEP 4: VIEW YOUR COMPETITION



When you register, you'll automatically be added to your company's main competition.

View the competition by going to **COMPETITION** tab and clicking on the highlighted competition at the top of the page.

You can also create a competition. Choose to make it an individual or team challenge, invite only your friends, or make your competition public.



Create a Competition

STEP 1: DEFINE THE CHALLENGE

Competition Name...

Competition Type:

Stats Based

Competition based on stats accumulation. Great for 'most X in Y time' competitions.

Map/Venue

Competition based on distance traveled relative to a route on a map.

Date Range: 09/18/2014 - 09/25/2014

7 Days

Steps Only?

Steps Only Steps + Activities Activities Only

Privacy:

Public Private



STEP 5: READ THE MAP

Backpacking Around Europe 8.5K

created by [adminchallengeplus](#)

Start Date
September 1, 2014

End Date
September 30, 2014

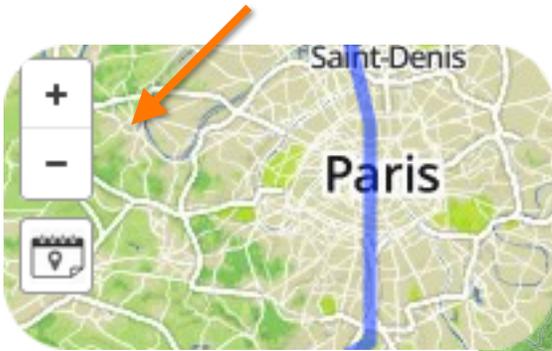
Competition Details
Backpacking around Europe 2014 (walk 255,000 steps between Sep 1, 2014 and Sep 30, 2014)
Steps only

← Back to Competitions ⚙️ Actions ▾

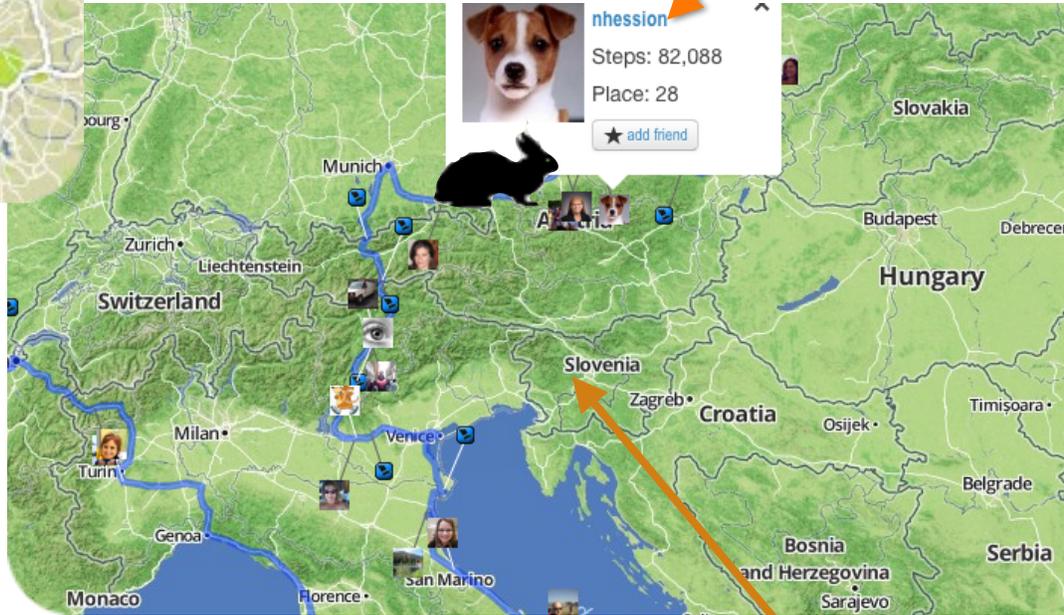
- 👤 Invite more competitors
- ⚙️ **Competition settings**
- 🗑️ Delete this competition

If you create a competition, you can administer it in the **ACTIONS** pull down.

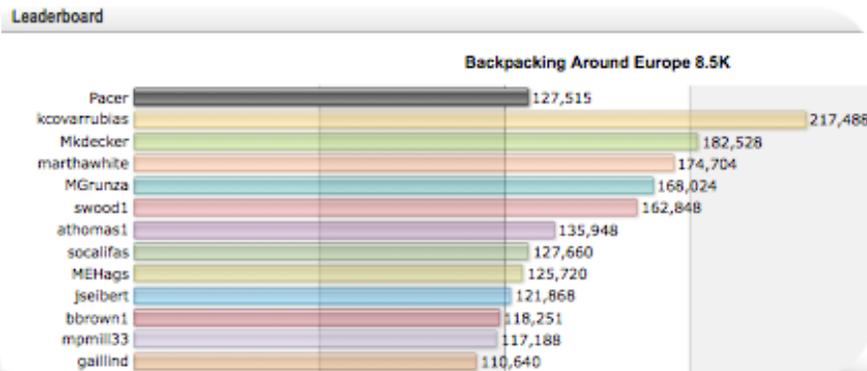
Zoom in or out of the map and click the **pin history** button to review the milestone markers you've passed.



Click on an icon to go to the team or individual associated with the icon.



Easily see who's in the lead by viewing the **leaderboard**.



The **Pacer Rabbit** keeps track of where you should be if you want to finish the competition on time. In other words, it marks the distance of the route divided by the time period, coming up with the average number of steps you need to walk per day.



STEP 6: FIND FRIENDS

Click the **friends** tab

Your Stats | News Feed | Friends | Teams | Competitions | You

Your Friends

Sort by Name | Sort by Last Visit

Compare your stats to selected friends [select all](#)

bentee | janetco1 | maxine1 | testuser68

testuser9 | golfwizard | alabaster | Davidfb

Compare your stats to friends' by clicking the box next to their username

davidpebble ▾

- ✉ Send message
- View Step Journal
- View Challenge Archive

Last Login: Jul 25 @

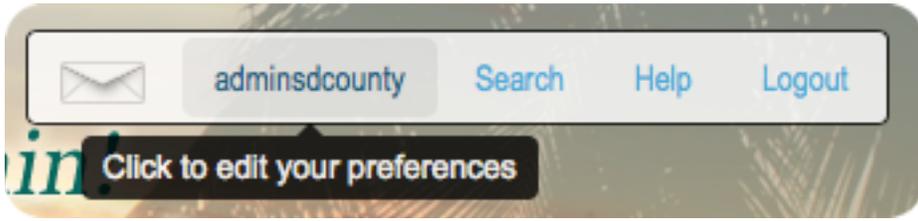
Walker Since: Jun 5 2014 @ 2:32pm

★ Add Friend | Compare | ✉ Send message

Click on a username anywhere else on the site to go to that person's profile page. There you can message them, view their stats or **request them as a friend**.



STEP 7: TIPS AND TRICKS



Edit your preferences by clicking your username, on the top right of the page. Here you can **change your username, password, E-mail address and other details**

Be sure to **upload a photo**. Your photo pops up on the map route and makes it easier for your friends to find you.

Keep track of your calories, weight, heart rate, BMI, etc, under the **CUSTOM METRICS** tab. You can also enter a metric, any metric, you want. (For instance, the number of puppies you've cuddled today...)

Download the **iPhone app** (iOS8) or **Android apps** to enter steps, check your stats or view

Pair your phone with your Walker Tracker account and you'll be able to **text message your steps** into the daily log.

