



Stepathlon Device and Mobile App Guide

It's time to get prepared. You can participate by using any of our partnered devices/apps or by using any other device of your choice and simply entering your steps manually. Once you've chosen your preferred device, use our detailed guide to get connected.



CONNECT AN APP OR DEVICE:

Say goodbye to manual entry! You can connect leading devices and apps to the Stepathlon platform only by logging onto the Stepathlon site to any of the apps or devices listed below.

Apart from the various apps and devices listed in our App & Device Gallery, participants can also use just their phones by using Step App, our in-built step counter. Once connected, you can either use the Stepathlon app or website to continue logging your activity.

Follow the steps to connect and easily sync your steps with the Stepathlon platform -

FITBIT - ALL DEVICES



GARMIN - VÍVOACTIVE HR, VÍVOSMART HR+, VÍVOMOVE



JAWBONE - ALL UP DEVICES



GOQII - ALL DEVICES



STEP APP FOR ANDROID USERS

- STEP 1** Log on to the Stepathlon App on your Android device app/device other than the 'StepApp' (Stepathlon Step Counter).
- STEP 2** Go to the Main Menu (denoted by three lines at the top left corner) & click on 'Log Activity' and select either 'Today's Activity' or 'Missed Days'
- STEP 3** You will now see a pop-up saying 'Connect to Step App'. Click on 'Connect'
- STEP 4** The app will ask you to choose the Google ID linked to your Play Store. Select the one with which you are registered on the Play Store. A pop-up window will appear next. Click 'Allow'
- STEP 5** In order to sync your steps for the day, click on the green button under 'Today's Activity' page
- STEP 6** In order to sync your missed steps, click on the 'Sync Now' button under the 'Log Missed Days' page

STEP APP FOR iOS USERS

- STEP 1** Log on to the Stepathlon App on your iOS device
- STEP 2** Go to the Main Menu (denoted by three lines at the top left corner) & click on 'Log Activity' and select either 'Today's Activity' or 'Missed Days'
- STEP 3** You will now see a pop-up saying, 'Connect to Step App'. Click on 'Connect'. You are now connected to the Step App.
- STEP 4** Allow Apple Health to connect with Step App when prompted
- STEP 5** In order to sync your steps for the day, click on the green button under 'Today's Activity' page
- STEP 6** In order to sync your missed steps, click on the 'Sync Now' button under the 'Log Missed Days' page

FOR WEARABLES AND DEVICES

- STEP 1** Log on to the Stepathlon site (www.stepathlon.com)
- STEP 2** Click on the 'Log Activity' tab on the landing page and then on the 'App & Device Gallery' section
- STEP 3** Now select the device of your choice and click on the 'Connect' button below the device icon
- STEP 4** You will now be redirected to the device website. Please enter your device ID/username and password. (This should be the email address used while registering your device)
- STEP 5** On logging into your device's account, click 'Allow'
- STEP 6** You will now be connected and redirected to the Stepathlon site

NOTE :

- The Google Fit app is not required on an Android phone, but Google Play services must be permitted to pull your data.
- The steps will be synced and saved only from the day Step App is connected. Any data prior to that will not be synced.
- In the case of iOS, data can only be synced for iPhone 5S and above models.
- In the case of Android, data can only be synced for versions above KitKat. Also, the device needs to have an in-built accelerometer.

LOG ACTIVITY WITH AN APP OR DEVICE

- STEP 1** Go to the 'Log Activity' page and check that your app or device is connected.

LOG ACTIVITY DATE	20 SEP 2017	Use an app or device to track your steps
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- STEP 2** When connected, your steps will be pulled from your app or device into the "Walking/Running" field. Hit the Sync button to see your latest steps. If you still don't see it, check if your app or device is tracking your steps.
- STEP 3** Manually add walking minutes or distance for any other activity for that day besides walking/running, such as swimming, cycling, yoga, etc.

Once you have finished filling in all your activities for the day, just hit

SUBMIT



Remember - Once submitted, activities cannot be changed.



MISSED DAYS
TOTAL MISSED DAYS

16

YOUR DEVICE (Disconnect/Change)

fitbit

SYNC DEVICE TO GET YOUR MISSED DATA

DON'T SEE YOUR FAVOURITE APP OR DEVICE?

If you have an app or device that isn't featured on Stepathlon's website, you can still use it! Simply open your app or device to find your daily steps. Manually enter your step count into the "Walking/Running" field along with other activity into the Stepathlon website.

To get more details on syncing with each of the devices and apps you could refer to the FAQs listed on our website.

You can also write to support@stepathlon.com with your questions.

KEEP MOVING!

