

STEPATHLON PLAYBOOK

VU ON THE MOVE

← → × Secure | https://www.stepathlon.com

stepathlon
Move the nation. Lead the world.

posting.s8.ae@gemore.com ••••••••

LOGIN

ENQUIRE NOW

Forgot Password?

IT'S TIME FOR ANYONE, ANYWHERE, ANYTIME
TO UNLOCK THE INNER #EVERYDAYATHLETE

We change lives through sustainable behaviour change one Race at a time

WHAT IS STEPATHLON

ADVANTAGES


HOW IT WORKS

WHAT IS STEPATHLON?

The Stepathlon approach to achieving better physical and mental health is fun, motivating and sustainable. Deteriorating public health, increasing risk of lifestyle

Waiting for www.youtube.com...


PROFILE PAGE

Search for People, Groups, Events 

WELCOME TO STEPATHLON

* Indicates Mandatory Fields

Profile

Select Avatar 

* Date of Birth Month Day Year

* Gender Male ☐ Female ☐ Other ☐

* City

Email Address


Alternate Email

Mobile No.

* Occupation

* Profile Status Public ☒ Private ☐ Limited ☐
With a Limited Profile, other Stepathletes will not be able to see your Friends, Step Average, Personal Best (Steps), Activities and Calories Burnt...

* Measurement Units Kg/cms ☐ Lbs/ft ☐

* My Interests 
(Select atleast 3)

<input type="checkbox"/> Weight Reduction	<input type="checkbox"/> Nutrition & Diet Plans	<input type="checkbox"/> Training & Workouts
<input type="checkbox"/> Stress, Anxiety, Depression	<input type="checkbox"/> Yoga & Meditation	<input type="checkbox"/> Sleep
<input type="checkbox"/> Sports	<input type="checkbox"/> Celeb Inspiration	<input type="checkbox"/> Injury Prevention
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Heart Health	<input type="checkbox"/> Alcohol
<input type="checkbox"/> Tobacco Cessation	<input type="checkbox"/> Marathon Running Advice	<input type="checkbox"/> Womens Health
<input type="checkbox"/> Men's Health	<input type="checkbox"/> Kids Health	<input type="checkbox"/> Ergonomics
<input type="checkbox"/> Real Life Inspiration	<input type="checkbox"/> Incidental Movement	


☐ I agree to the Honor Code

SUBMIT


The default Profile Status setting for all Victoria University Stepathletes is **Private** i.e. no one else will be able to view their Friends, Profile Information, Step Average, Personal Best, Calories burnt, etc.
The Stepathlete can change these settings at any time from the Profile Page.

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WELCOME PAGE




Move the nation. Lead the world.



Team
Stepathlon





DASHBOARD
LOG ACTIVITY
RACE
ME
COMMUNITY
TOOLS
REWARDS



RACE DAY


47



TEAM RANK


180

out of 186 teams



LOG MISSED DAYS


46



TEAM LOCATION

2 NOLA

70% to next location



POINTS

347

HOME

Legend


- Current Day
- Log Missed Days
- Steps Submitted
- Pending Speed check (if applicable)

Activity Calendar

August 2018


Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25

Recent Achievement



MOVER & SHAKER

MAKE HEALTHIER CHOICES!
TRY OUT THE CALORIE CHECKER TOOL



CALORIE CHECKER TOOL

Waiting for stepathlon.stepathlon.com...

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CONNECT A DEVICE PAGE

The screenshot displays the Stepathon website's 'Connect a Device' page. The browser address bar shows the URL <https://stepathlon.stepathlon.com/device>. The page header includes the Stepathon logo, a search bar, and a user profile for 'Team Stepathon'. The navigation menu contains links for Dashboard, Log Activity, Race, Me, Community, Tools, and Rewards. The left sidebar provides team statistics: Race Day (47), Team Rank (181 out of 186 teams), Log Missed Days (46), Team Location (2 NOLA, 70% to next location), and Points (347). The main content area, titled 'DEVICES', features a grid of device cards. Each card includes a device logo, a brief description, and 'Connect' and 'Download' buttons. The devices shown are Fitbit, Goqii, Garmin, and Mi Band. A link to the 'APP AND DEVICE GUIDE' is located in the top right corner of the device section.

Find and connect apps and devices featured in our App & Device Gallery on this page. When connected, steps will sync to the 'Walking/Running' input field on the 'Log Activity' page of the Stepathon website and mobile app. You will still need to enter any additional activity that isn't tracked by their app or device, such as distance cycled or minutes doing yoga.

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LOG ACTIVITY PAGE

DASHBOARD
HOME
LOG ACTIVITY
RACE
ME
COMMUNITY
TOOLS
REWARDS

HOME > LOG ACTIVITY

You can submit your daily activity only once a day. Please wait till you have your final step count of the day before you log it.

DATE
10 AUG 2018

YOUR DEVICE
Fitbit
Disconnect/Change

WALKING/RUNNING
9678 Steps

CYCLING
13 Kms
4069 Steps

ROWING/CANOEING
Mins
Steps

WEIGHTS
20 Mins
3810 Steps

YOGA
Mins

SNOW SKIING
Mins

TODAY'S STEPS
0

PERSONAL BEST
23559

STEP AVERAGE
9549 Steps a day

MY POINTS
1124

LOG MISSED DAYS
102

Use this page to log various types of activities – surfing, skiing, cycling, swimming, horse riding, etc. For anything that is not measured in steps, enter either the time spent or the distance covered and we convert it into steps. Based on the total activities entered every day by all team members, the team moves across a virtual map.

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MISSED DAYS PAGE

DASHBOARD **LOG ACTIVITY** **RACE** **ME** **COMMUNITY** **TOOLS** **REWARDS**

HOME > LOG ACTIVITY > LOG MISSED DAYS

TOTAL MISSED DAYS
102

YOUR DEVICE Disconnect/Change
Fitbit
SYNC DEVICE TO GET ALL YOUR MISSED DATA
SYNC NOW

09AUG	9456	Steps	OR	+	Add Other Activity	Total Steps: 9456	SUBMIT >
08AUG	8323	Steps	OR	+	Add Other Activity	Total Steps: 8323	SUBMIT >
07AUG	11900	Steps	OR	+	Add Other Activity	Total Steps: 11900	SUBMIT >
06AUG	8345	Steps	OR	+	Add Other Activity	Total Steps: 8345	SUBMIT >
05AUG	7122	Steps	OR	+	Add Other Activity	Total Steps: 7122	SUBMIT >
04AUG	Walking or Running	Steps	OR	+	Add Other Activity	Total Steps:	SUBMIT >

Use this page to fill in your activities for the days you may have missed. Your Missed Days can be seen on the blue dashboard on the left hand side of every page. You can use the notification to be navigated here or simply use the 'Missed Days' option in your Log Activity dropdown menu.

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MAPS/LOCATION

The screenshot displays the Stepathon web application interface. At the top, the browser address bar shows the URL <https://stepathlon.stepathlon.com/map>. The page header includes the Stepathon logo with the tagline "Move the nation. Lead the world.", a search bar, and a user profile section for "Team Stepathon". A navigation menu below the header contains links for DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY, TOOLS, and REWARDS. The left sidebar features five circular widgets: "RACE DAY 47", "TEAM RANK 180 out of 186 teams", "LOG MISSED DAYS 46", "TEAM LOCATION 2 NOLA 70% to next location", and "POINTS 347". The main content area is titled "HOME > RACE > LOCATION" and includes tabs for "EVENT LEADER", "MY TEAM", and a "Hide Followed Teams" checkbox. The central focus is a map of the Mediterranean region, specifically highlighting Italy and surrounding countries like France, Greece, and Albania. A green pin is placed on the map near Naples. To the right of the map is a vertical image of a coastal town. Below the map, there is a section titled "About" with text describing the location of Naples.

The more activities Stepathletes perform, the more their team moves on the virtual map and the more locations they unlock. Every time a location is unlocked, they can answer a Location Quiz. Getting it right translates into more Stepoints.

#EverydayAthlete LEADERBOARD

The screenshot displays the Stepathon Leaderboard web application. The interface includes a top navigation bar with a search bar and user profile. A left sidebar contains various performance metrics. The main content area shows the current race details and a table of team rankings.

Left Sidebar Metrics:

- RACE DAY: 47
- TEAM RANK: 180 out of 186 teams
- LOG MISSED DAYS: 46
- TEAM LOCATION: 2 NOLA, 70% to next location
- POINTS: 347

Main Content Area:

HOME > RACE > LEADERBOARD

Stepathon Operations

RACE AVERAGE: 9714 STEPS

TEAM AVERAGE: 8735 STEPS

Event: MOM (4th Aug to 23rd Aug) | My Company | Followed

Search for a Team or Company [RESET] **Team Rank 180**

Rank	Team Name	Company	Location	Distance (kms)	Actions
1	WALK THE WALK	DHL Express	52	4781.28	Follow
2	STEP THROWERS	DHL Express	52	4729.31	Follow
	The Walkoholics	DHL Express	52	4684.1	Follow

This tool enables individuals to track other teams in the Race page. The Leaderboard can be customised to view/track specific teams which will also show up the map of our 'Virtual World'. The rankings are calculated on the basis of distance travelled.

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MY TEAM

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Search for People, Groups, Events

Team Stepathon

DASHBOARD | HOME | LOG ACTIVITY | RACE | ME | COMMUNITY | TOOLS | REWARDS

HOME > RACE > MY TEAM

RACE DAY
47

TEAM RANK
180 out of 186 teams

LOG MISSED DAYS
46

TEAM LOCATION
2 NOLA
70% to next location

POINTS
347

TEAM RANK
(Based on distance)
180

TEAM STEP AVERAGE
8735 Steps

August 1, 2018 - August 10, 2018

TOTAL STEPS: 0
CALORIES BURNT: 0

Stepathon Operations

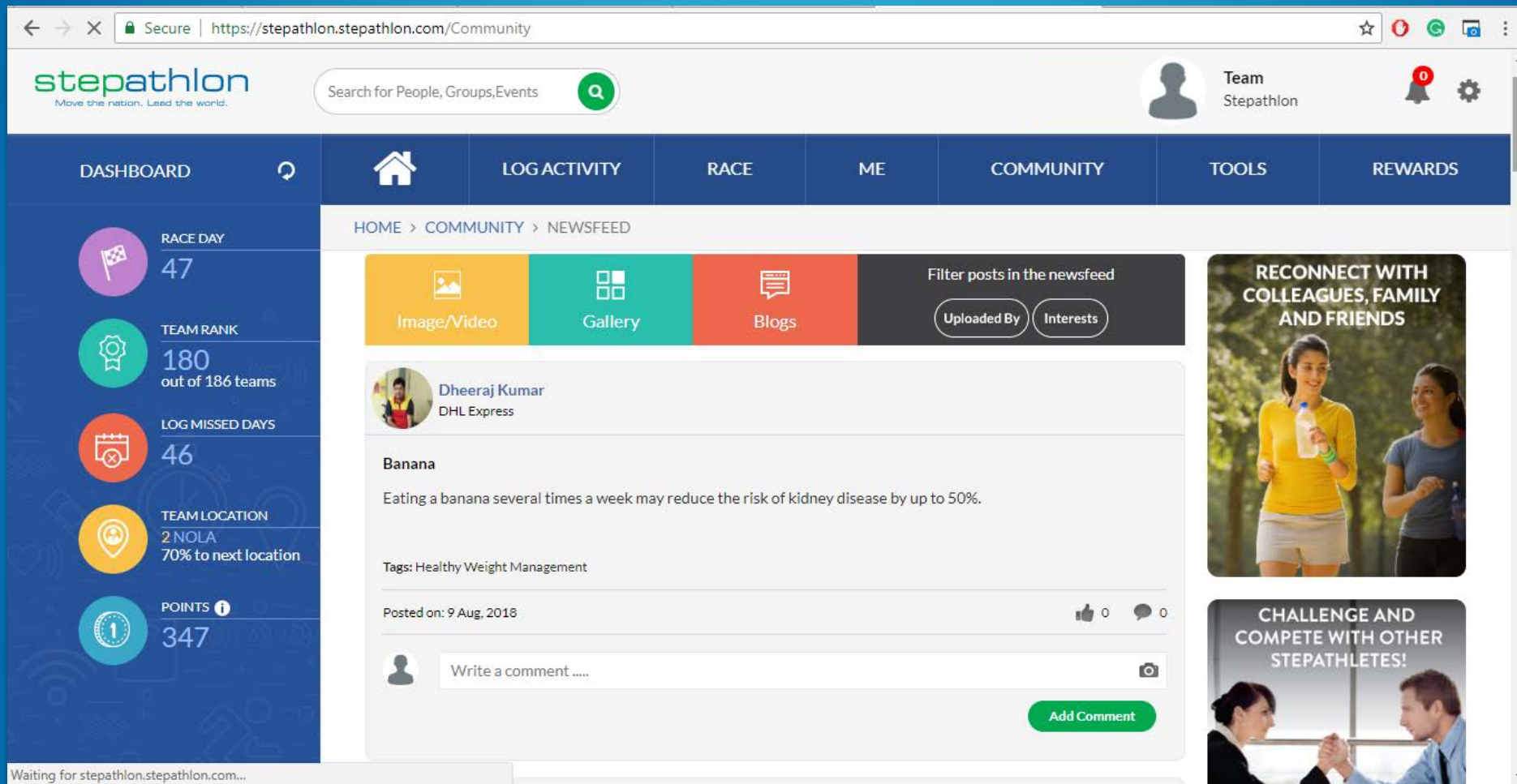
TEAM MEMBER	STEP AVERAGE	PERSONAL BEST	MISSED DAYS
Team Stepathon DHL Express	0	0	46
Namrata Gajbhiye DHL Express	8735	11429	36
Roshan Khanna DHL Express	0	0	46

RECENT ACHIEVEMENTS

- Mover & Shaker
On: 23th Jul, 2018
- Mover & Shaker
On: 16th Jul, 2018
- Mover & Shaker
On: 07th Jul, 2018

The My Team Page is where you can track the activity levels and Missed Days of your team mates. View your achievements as a team, your best step counts and more...
If you are the Team Captain, you can upload your team picture.

#EverydayAthlete COMMUNITY NEWSFEED



The screenshot displays the Stepathlon web application's community newsfeed. At the top, a navigation bar includes the Stepathlon logo, a search bar, and a user profile for 'Team Stepathlon'. Below this is a main navigation menu with options: DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY (selected), TOOLS, and REWARDS. The left sidebar shows user statistics: RACE DAY (47), TEAM RANK (180 out of 186 teams), LOG MISSED DAYS (46), TEAM LOCATION (2 NOLA, 70% to next location), and POINTS (347). The main content area, titled 'HOME > COMMUNITY > NEWSFEED', features filters for 'Image/Video', 'Gallery', and 'Blogs', along with a 'Filter posts in the newsfeed' section with 'Uploaded By' and 'Interests' buttons. A post by 'Dheeraj Kumar' from 'DHL Express' is displayed, titled 'Banana', with the text 'Eating a banana several times a week may reduce the risk of kidney disease by up to 50%'. The post includes tags for 'Healthy Weight Management', a posting date of '9 Aug, 2018', and a comment section with a 'Write a comment' field and an 'Add Comment' button. On the right, there are two promotional banners: 'RECONNECT WITH COLLEAGUES, FAMILY AND FRIENDS' and 'CHALLENGE AND COMPETE WITH OTHER STEPATHLETES!'.

The Stepathlon Newsfeed is where Stepathletes can engage, interact and keep abreast of the latest health and wellness information and trends!

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CONTESTS & CHALLENGES

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Search for People, Groups, Events

Team Stepathon

DASHBOARD HOME LOG ACTIVITY RACE ME COMMUNITY TOOLS REWARDS

HOME > REWARDS > CHALLENGES

CHALLENGES

All Ongoing Finished ALL WINNERS

CATCH UP CHALLENGE

It's time to play catch up if you've missed logging your activities.

Fill in your activities on the 'Log Activity' page and achieve a target of zero Missed Days to catch up with the top teams.

Stand a chance to win Quirky T-shirt!

Date: August 8th, 2018

WINNERS

Waiting for stepathlon.stepathon.com...

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Search for People, Groups, Events

Team Stepathon

DASHBOARD HOME LOG ACTIVITY RACE ME COMMUNITY TOOLS REWARDS

HOME > REWARDS > CONTESTS

CONTEST

All Ongoing Finished ALL WINNERS

TRAVELOGUE CONTEST

Chase the adventure for our Travelogue contest!

Click and upload pictures of a destination you've travelled to that inspires you to get fit.

Use #Travelogue

Date: August 10th, 2018 - August 15th, 2018

PARTICIPATE

Waiting for stepathlon.stepathon.com...

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STEP ASSESS

The screenshot shows the Stepathlon Step Assess web application. The browser address bar displays the URL https://stepathlon.stepathlon.com/Step_Assess. The page header includes the Stepathlon logo with the tagline "Move the nation. Lead the world.", a search bar, and a user profile for "Team Stepathlon". The main navigation bar contains links for DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY, TOOLS, and REWARDS. The left sidebar displays key performance indicators: RACE DAY (47), TEAM RANK (180 out of 186 teams), LOG MISSED DAYS (46), TEAM LOCATION (2 NOLA, 70% to next location), and POINTS (347). The main content area is titled "WELCOME TO STEP ASSESS" and includes a descriptive paragraph about the tool. Below this, a list of health metrics is shown, each with an expandable icon (+): FAMILY/FAMILY HISTORY, WELLBEING SCORE, WORKPLACE WELLNESS, STRESS, and RISK SCORE.

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Search for People, Groups, Events

Team Stepathlon

DASHBOARD LOG ACTIVITY RACE ME COMMUNITY TOOLS REWARDS

HOME > ME > STEP ASSESS

WELCOME TO STEP ASSESS

Step Assess is a scientifically designed tool to help you better understand and improve your lifestyle, wellbeing and physical and biometric health. Keep updating Step Assess regularly. We'll give you new health scores each time and tools to track your progress. At the end of Race, you'll receive an individual progress report to continue your health journey.

- FAMILY/FAMILY HISTORY +
- WELLBEING SCORE +
- WORKPLACE WELLNESS +
- STRESS +
- RISK SCORE +

Waiting for stepathlon.stepathlon.com...

Step Assess is a scientifically designed tool to help you better understand and improve your physical, lifestyle, wellbeing and biometric health. It is completely voluntary and confidential.

BMI TRACKER/WEIGHT TRACKER

DASHBOARD

TODAY'S STEPS
0

PERSONAL BEST
23559

STEP AVERAGE
9549
Steps a day

MY POINTS
1124

LOG MISSED DAYS
102

HOME > TOOLS > WEIGHT TRACKER / BMI CALCULATOR

TRACK YOUR WEIGHT WITH
OUR WEIGHT TRACKER TOOL

Your Current Weight

76 Kgs

Your Target Weight

71 Kgs

Your Target Date

Month

Day

Year

SUBMIT

This handy Weight Tracker will help you track your weight and attain your goal weight more efficiently.

FOOD SWAP

The screenshot displays the stepathlon website's 'FOOD SWAP' tool. The interface includes a top navigation bar with a search bar, user profile (Xitish M), and a menu with options: DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY, TOOLS, and REWARDS. A sidebar on the left indicates 'RACE STARTS IN 2 Days'. The main content area features a 'FOOD SWAP' header and a central white box titled 'WHAT IS FOOD SWAP?' with explanatory text and a search bar. To the right, two food items are compared:

Your Choice	Better Option
PIZZA (9 INCHES)	WHOLE WHEAT THIN CRUST PIZZA
Calories: 180	Calories: 102
Steps to burn calories: 4284	Steps to burn calories: 2427.6

Buttons at the bottom of the comparison section are 'SEARCH FOR OTHER FOODS' and 'TRY CALORIE CHECKER'.

This handy food calculator helps you swap the unhealthy for the healthy! Put in your food item of choice and it will recommend a healthier, more nutritious option. It will also tell you how many steps you need to walk in order to burn it off!

Access it from the TOOLS option in the site menu.

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CALORIE CHECKER

The screenshot displays the stepathlon website's 'CALORIE CHECKER' tool. The interface includes a top navigation bar with a search bar, a user profile (Xitish M), and a main menu with options: DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY, and TOOLS. A sidebar on the left indicates 'RACE STARTS IN 2 Days'. The 'CALORIE CHECKER' section is active, showing a search for 'PIZZELLE COOKIES, BAKERY'. The results display the following nutritional information:

ENERGY (KCAL)
610.487

STEPS TO BURN CALORIES
14524

TOTAL PROTEIN (G)
5.447

TOTAL FAT (G)
54.505

TOTAL CARBOHYDRATE (G)
25.962

TOTAL DIETARY FIBER (G)
0.812

CALCIUM (MG)
16.575

Buttons for 'SEARCH FOR OTHER FOODS' and 'TRY FOOD SWAP' are also visible.

Simply type in a food choice to find nutritional value, such as total calories, protein, carbohydrates, fat, dietary fat, calcium and more. Our new Calorie Checker features over 18,000 food items from the Nutrition Coordinating Center's (NCC) premier food and nutrient database. Access through TOOLS.


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STEP ROUTES


The screenshot displays the Stepathon web application interface. At the top, the 'stepathon' logo is on the left, and a search bar with the text 'Search for people, teams, groups, events & contests' is in the center. On the right, a user profile for 'Ramakrishnanswami Wolfeschlegelsteinhaue' is shown with a notification badge. Below the header is a navigation bar with tabs: DASHBOARD, LOG ACTIVITY, RACE, ME, COMMUNITY, TOOLS, and REWARDS. The 'LOG ACTIVITY' tab is active, leading to the 'STEP ROUTES' section. On the left side of the dashboard, there are several statistics: RACE DAY 99, TEAM RANK 3000 out of 1000 teams, TEAM LOCATION 21 GREATSMO... 50% to next location, POINTS 10000, and MISSED DAYS 50. Below these are quick links. The main content area features a map of Trenton, New Jersey, with a route plotted. A text overlay on the map says 'Click on the map to start plotting your route'. Below the map are two buttons: 'SEE HOW IT WORKS?' and 'GET STARTED'. To the right of the map is a form for creating a route, including fields for 'Route Title', 'Add image' (with a 'Click here to Upload Image' link), 'Add Activity' (with a 'Select Activity' dropdown), and 'Terrain'. A disclaimer states: 'Your distance will be calculated automatically as per the route you plot on the map. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt.'



Stepathletes are always on the move and this feature allows them to map and share some of their best walking, running or cycling routes. They can then invite fellow Stepathletes to join them on these routes and rack up steps together.


MY PROFILE

TODAY'S STEPS
0

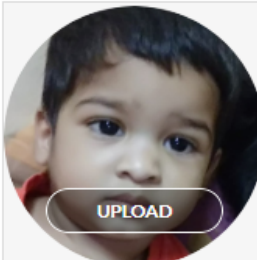
PERSONAL BEST
23559

STEP AVERAGE
9549
Steps a day

MY POINTS 
1124

LOG MISSED DAYS
102

HOME > ME > MY PROFILE



UPLOAD

Faheem Khan
Stepathlon Lifestyle Pvt
Ltd
Mumbai

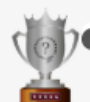
Friends : 5

Interests : Celebrity Inspiration,Diabetes Management,Alcohol Control

STEP AVERAGE
9549
Steps

PERSONAL BEST
23559
Steps

RECENT ACHIEVEMENT

Pantomath
On 26th Apr, 2018
[View All](#)

ACTIVITY BREAKDOWN









CALORIES BURNT

August 1, 2018 - August 10, 2018

UPDATE YOUR STEP ASSESS

ACTIVITY BREAKDOWN

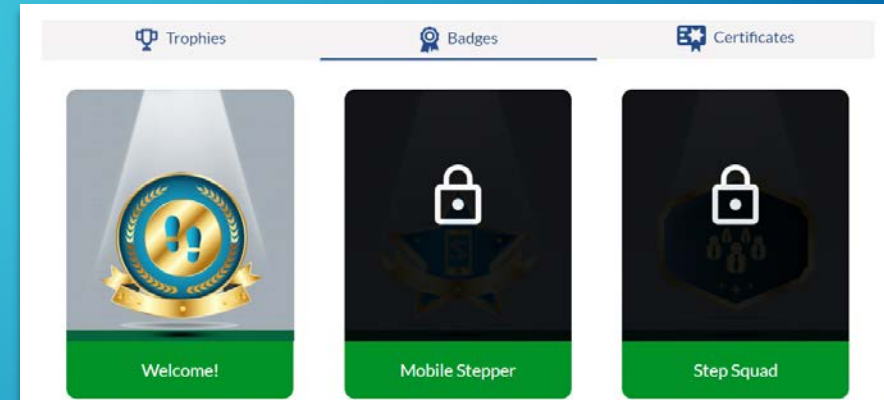
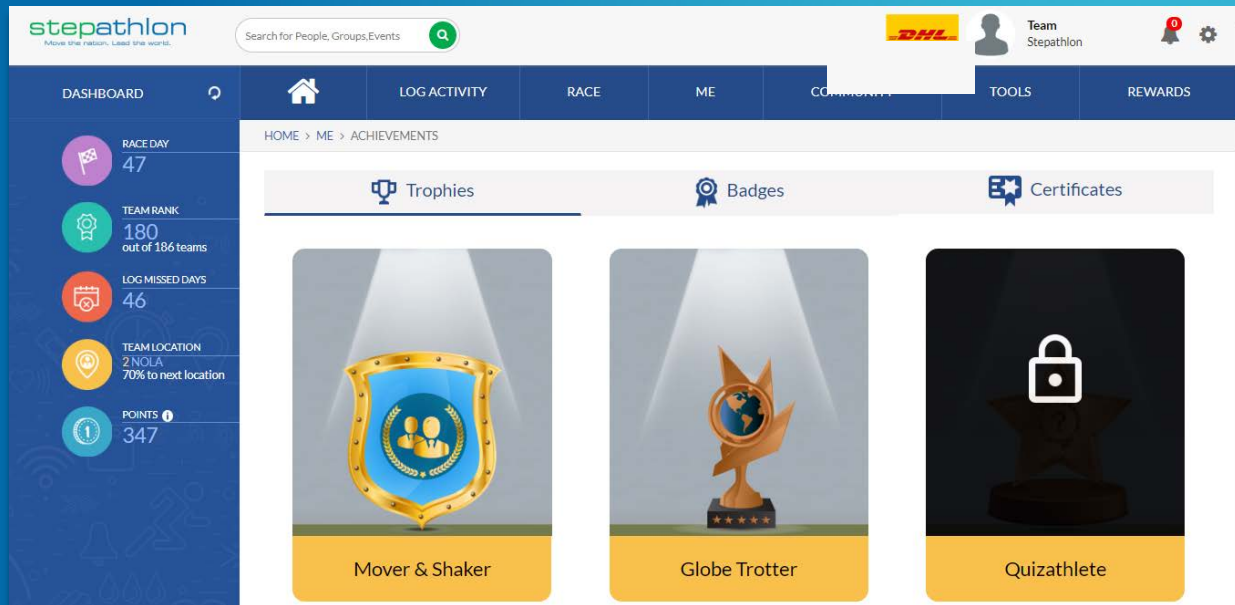
Below is a time-wise breakdown of your activity on the Stepathlon platform to help you keep track!

 840341 STEPS Walking or Running	 0 KMS Cycling	 0 MINS Rowing or Canoeing	 0 MINS Weights
 0 MINS	 0 MINS	 0 MINS	 0 MTRS

This page houses all your Stats, Achievements, Activity breakdown, Calories Burnt. Its your one stop dashboard for all things you! Remember to add a profile picture using the upload option!

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BADGES & TROPHIES



Every single thing on the Stepathon site is linked to some form of gratification. Besides winning prizes, Stepathletes can also earn Badges, Trophies & Certificates throughout the Race based on their personal and team performances as well as for simply interacting and using the site.




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GROUPS & EVENTS

HOME > COMMUNITY > GROUPS

DISCOVER GROUPS MY GROUPS MY COMPANY MY CITY CREATE A GROUP



Alcohol Control Celebrity Inspiration Diabetes Management Ergonomics Healthy Weight Management Heart Health Incidental Movement Injury Prevention

	Chandigarh Team 2 Members from your company 2 Members	Description: Good health	Diabetes Management Heart Health	JOIN
	WALK THE WALK 4 Members from your company 4 Members	Description: Walking is one of the main gaits of locomotion among legged animals. Walking is typically slower than running and other gaits. Walking is defined by an 'inverted pendulum' gait in which the body vaults over the stiff limb or limbs with each step.	Kids Health Men's Health	
	DHL SIMPLY 5 Members from your company 5 Members	Description: Good health for everyone	Alcohol Control Diabetes Management	

HOME > COMMUNITY > DISCOVER EVENTS

DISCOVER EVENTS MY EVENTS MY COMPANY MY CITY CREATE AN EVENT

Alcohol Control Celebrity Inspiration Diabetes Management Ergonomics Healthy Weight Management Heart Health Incidental Movement Injury Prevention

	Workout 23rd Jul,18 - 20th Aug,18 12:00 AM - 12:00 AM	Delhi	Description: Exercise consists of cardiovascular conditioning, strength and resistance training, and flexibility to improve and maintain the fitness of the body's heart, lungs, and muscles.	Running tips & tricks Sports +1	JOIN
	Health Benefits 23rd Jul,18 - 20th Aug,18 12:00 AM - 12:00 AM	Delhi	Description: Herbs is loaded with impressive health benefits, some of these benefits includes boosting psychological health, reducing the risk of cancer, regulating bowel movement, fighting inflammation, rich in antioxidants essential to treat various	Heart Health Kids Health +1	JOIN

Stepathletes can create Groups to build communities/discussion forums for specific topics and exchange content & views via blogs, videos and photos uploads. They can also create Events (online or offline) and invite friends to attend.

— #EverydayAthlete —



thrive*

#MakeAMove